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## Officials want legal action against e-fare vendor

### TRANSPORTATION

**Millions lost in failed Connect Card contracts**

  
**Helen Pike**  
Metro | Calgary

Calgary Transit is "pursuing" Schneider Electric for \$5 million after a number of failed attempts to bring transit users the long awaited Connect Card.

The vendor's rocky relations with Calgary Transit began in 2010 when Schneider, then Telvent, was contracted to bring an electronic fare system to the

transportation network and failed two years later after repeated failures during the testing phase.

The city then entered into another contract with the company in 2013, which was cancelled again in 2015.

Calgary Transit Director Doug Morgan told reporters Tuesday

the system is pursuing legal action against the vendor to try and recoup their cash.

"We're working through the legal process to try and recover the money," said Morgan. He added attempts to work with the vendor to get their money back have been unsuccessful and they're in the midst of fil-

ing a lawsuit.

Plans for the electronic fare payment system were scrapped in June after it was clear the vendor wouldn't be able to deliver what transit deemed a "reliable" product.

When asked what damages the city will be seeking, Morgan said he couldn't discuss specifics.

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## Calgarians under fire

**CRIME**

### Councillor says ordinary people at risk over rise in gun violence

**Lucie Edwardson**  
Metro | Calgary

Coun. Ray Jones said "stray bullets do fly" and it's only a "matter of time" until an innocent Calgarian falls victim to the escalating gun violence in the city.

According to CPS statistics, in 2015 there had been 57 shootings in Calgary as of Sept. 14 — and there have since been two more. Of those, 30 took place in either District 5 or 10.

Police chief Paul Cook spoke to media about the increasing problem of gun violence last week and said the "majority of these crimes were drug- and organized-crime related." He said he has met with community association presidents in his ward, and "it didn't seem to be too great a concern."

Les Burton, president of the Albert Park Radisson Heights Community Association, said that in their most recent meeting with their Calgary police community resource officer, shootings weren't the main

worry.

"There was more talk about car prowlings and break-and-enters than actual gun violence," he said. "That could be because it hasn't actually happened in our neighbourhood."

Victor Goosen, vice-president of the Forest Lawn Community Association, said they would be interested in starting a community watch program in their area. But he said "it wouldn't have prevented any recent shootings."

Jones, whose ward is District 10, said he thinks police are doing the best job possible. He said the onus is on the courts, which he feels are failing Calgarians.

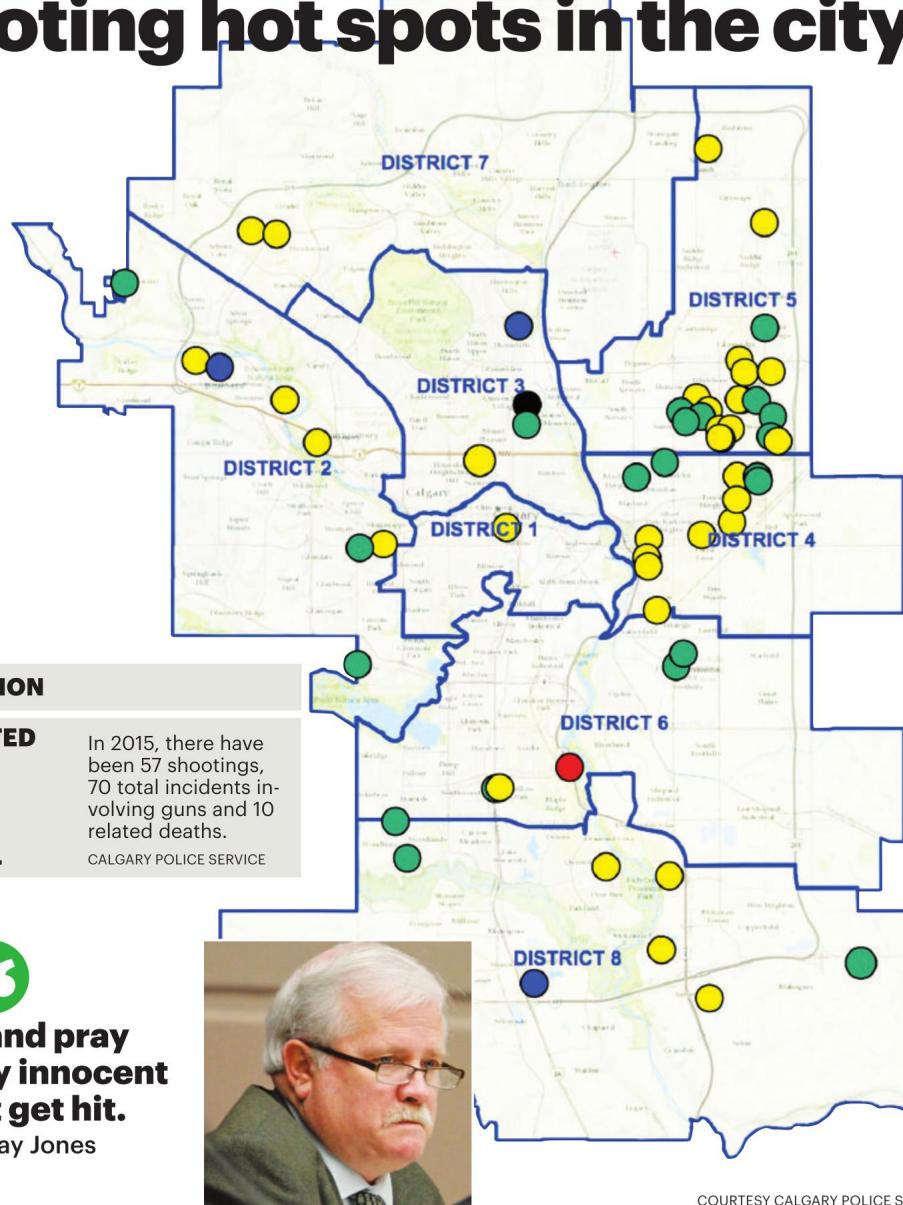
"The police are arresting these people, and the courts are letting them out on bail," he said. "Once they're caught, and there's no doubt they did it, I think you should be left in jail."

"You'd find the majority of people feel the same way. The courts are too relaxed."

Staff Sgt. Quinn Jacques said last week that investigating gun- and gang-related crimes have become more difficult due to "fleeting criminal relationships."

"In the old regime, we had two charts of opposing sides," he said. "Now we don't really have those two factions, and it makes it more complicated to investigate."

## Shooting hot spots in the city



**I hope and pray somebody innocent doesn't get hit.**

Coun. Ray Jones



COURTESY CALGARY POLICE SERVICE

SUNDAY  
09.27.15



Crews clean up a scene in southeast Calgary after a teen was struck early Tuesday morning. DARREN KRAUSE/METRO

NON-LIFE-THREATENING INJURIES

## Truck strikes teen, police ask for help

A male teen was sent to hospital with serious injuries after being struck by a truck in southeast Calgary early Tuesday.

Emergency crews arrived around 6:50 a.m. to the intersection of 52 Street and 110 Avenue after reports a pedestrian was hit in the intersection.

Police had few details as the investigation was ongoing, but did say the vehicle and driver had remained at the scene and

were cooperating with police.

According to EMS, the victim, believed to be in his late teens suffered traumatic and possible internal injuries and was assessed on scene and rushed to Foothills Medical Centre. His injuries are considered non-life threatening at this time.

Police continue their investigation and ask anyone with information on the crash to call police at 403-266-1234. METRO

RUNDLEVIEW DRIVE

## House burned with no audible alarm

Four people and a dog are homeless after firefighters battled a blaze in Calgary's northeast on Tuesday morning.

At about 8:40 a.m., Calgary firefighters were called to the 200 block of Rundleview Drive NE for reports of a house fire. When they arrived, fire crews saw heavy, dark smoke coming from the home.

When they entered, they said they couldn't hear any activated smoke alarms.

One person was downstairs and unaware the house was on fire — and had to be evacuated by firefighters.

Crews extinguished the flames quick enough that the fire damage was contained to the room it originated in.

The rest of the home sustained significant smoke damage.

No injuries have been reported and investigators were on scene to determine the origin and cause of the fire. METRO

# CBE's \$25K in travel spending under fire

EXPENSE REPORTS

### Recruitment is essential to international program: Board



**Aaron Chatha**  
Metro | Calgary

According to public expense reports, Calgary Board of Education global learning director Sheila McLeod spent more than \$25,000 in national and international travel and hotel costs during the 2014-2015 school year to recruit international students from around the world.

It appears these recruitment missions paid off, as the board said a significant portion of international student fees — which totalled about \$11 million last year — are allocated to schools.

"These recruitment missions are an essential part of an international student program," said McLeod in a statement. "The CBE works directly with Alberta Education and other partners to attract quality students from around the world."

Part of the Global Learning director's job is to attend and host protocol events that bring international students into the board.

According to expense reports, McLeod travelled to Brazil, Chile, Jordan, Italy, Portugal,



Officials argue travel costs helped recruit more international students, who paid \$11 million in international student fees last year. METRO FILE

**\$11,500**

The tuition fee for an international student for one school year. METRO

Councils, in a statement. "Yet, in defending the international travel of their staff they are now saying this same per-student funding generates profits. A third-party independent review of CBE spending would clarify which comment is accurate.

"In a meeting with CBE trustees this month they indicated they were unaware of these activities. Certainly, given the current challenging environment we hope a fulsome review of CBE priorities would be undertaken by the Board of Trustees."

Board chief financial officer

Brad Grundy said the program brings in far more revenue in international student fees than the CBE spends.

McLeod said that there were more than 1,000 fee-paying international students in more than 72 CBE schools last year. International student tuition is \$11,500 per school year or \$5,750 per semester for high school, according to the board website.

McLeod said international travel is an integral part of the CBE strategy to provide opportunities for students to develop global competencies.



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John Ridsdel is one of the four people who were abducted from an upscale resort on Tuesday. **FACEBOOK**

# 'Intense' hunt on for Canadians

## PHILIPPINES

**Official says situation is 'extremely delicate'**

**Lucie Edwardson**  
Metro | Calgary

Search-and-rescue efforts are underway after a man with Calgary connections and three other people were abducted by gunmen on a southern Philippines island on Tuesday.

John Ridsdel was abducted with fellow Canadian Robert Hall, Filipino woman Teresita Flor and Norwegian Kjartan Sekkingstad, who is the manager for the marina at the upscale resort where the kidnappings occurred.

Shirley Anthony, VP of communications for Calgary-based TVI Pacific, said Ridsdel is a casual consultant and former COO of the subsidiary company TVI Resources. Anthony said the situation is "extremely delicate" and that there are "intense rescue efforts underway."

"The extent of it is that we're trying to rescue them," she said. "We have a team put together who are specialists in these types of situations."

## BACKGROUND

At least 11 men armed with pistols and rifles arrived on motorboats and entered the Holiday Ocean View Samal Resort before midnight Monday on Samal Island off Davao City, military and police officials said, citing witnesses and a security video that captured part of the kidnapping.

Anthony said both TVI Pacific and the military have people working on this case.

She said they have already asked for a media blackout in the Philippines to not help the kidnappers in any way.

"There are intense rescue efforts underway, and the less information that's available out there on John, the better," she said.

Government forces on planes and helicopters were scouring the waters and coastal areas in the Davao Gulf. Two motorboats were found in nearby Davao Oriental province, and authorities were trying to ascertain if they were the boats the kidnappers had used, said the provincial police chief.

No group has claimed responsibility for the abductions.

## VILLAGE BREWERY

# Growlers recalled over explosion reports

A Calgary brewery is recalling its jug-style beer bottles following reports that some of them are leaking and even exploding.

Village Brewery says it is pulling all of its 1.89-litre bottles known as growlers from store shelves. It will also permanently stop using that size to bottle its beers.

It's not the first time the brewery has had to recall its growlers. It did so in March 2014 because of a defect originating with its

glass supplier.

The company is telling retailers to stop selling the growlers and is offering six-packs to customers who are being asked to dispose of the jugs.

"We no longer feel confident that our growlers consistently meet our quality specifications and have made the difficult decision to cease production of this container," brewery co-founder Jim Button said in a news release Tuesday.



**A Calgary brewery is pulling 1.89-litre bottles.** CONTRIBUTED

He said the brewery's unpasteurized beer has a shelf life

of three months, or longer, but it needs to be kept in a dark and refrigerated environment. He also said unfiltered beer can become more carbonated as time passes because it contains active yeast.

"The combination of unrefrigerated growlers, active yeast and extended time before opening of the growler create a quality-control issue that is out of our control and is an increased risk to the consumer," Button said.

THE CANADIAN PRESS

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WORD ON THE STREET

## Views on customer commitment plan

JENNIFER FRIESEN FOR METRO



**It would be good to have it more clean and safe though, because you get a lot of drunks on there, but it is what it is.**

Logan Lennon

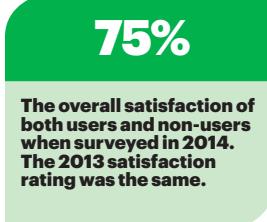
**“**  
**There was a bus shelter that was completely demolished by my house, and it was never fixed, so having more reliability, especially in winter, would be good.**

Charles Karpinski



**Right now, with school back up, it's very awful at this time, with the crowds, but usually it's on time.**

Carmen Ranres



# Calgary Transit aims to refine customer service

## TRANSPORTATION

## Survey data helps set performance targets

**Helen Pike**  
Metro | Calgary

Although it seems obvious, Calgary Transit has introduced a customer commitment program aiming to improve riders' experience and transits transparency — and they're trying to be specific.

"What's new here is being transparent and reporting it to our customers and to Calgarians and being crystal clear on what the elements of good service are," said transit director Doug Morgan at a news conference Tuesday.

Calgary Transit has updated its website with statistics and six key commitments they are trying to model their service on.

Data collected from annual customer satisfaction surveys helped Calgary Transit set some of the performance targets — targets they hope to reach by 2018. The six-pronged approach to service came as a direct result of feedback from Calgary Transit riders, and employees helped create the foundation for The Customer Commitment, along with input from Route Ahead, Calgary's 30-year plan for transit that includes the feedback from 4,000 Calgarians, according



Workers gather in front of the municipal building to celebrate a commitment to riders.

HELEN PIKE/METRO

to the city.

Morgan noted although they have always tried to create a service that is safe, reliable, helpful, informative, easy to use, and clean, the new customer commitment allows them to bring an increased focus to customer experience.

The satisfaction survey, one of the sources for transits figures, came back with the good and bad. Transit rated high in accessibility, safety and ranked low in being informative.

Transit rider Timothy Ndongndeh, who rides at least twice a day, said compared to other places it's a pretty reliable service. He has found the service fluctuated depending



**I'm very, very happy that we're setting these goals and that we are going to share them with our customers.**

Mayor Naheed Nenshi

on which route he takes, but it has improved over the last couple of years.

"I hope it comes through, and I'm trusting that they're going to do it, because so far they've shown a lot of improve-

ment, so I hope they meet their goals" said Ndongndeh.

Mayor Naheed Nenshi said transit does very well but could do better. "I'm very, very happy that we're setting these goals and that we are going to share them with our customers," said Nenshi.

For more information customers can visit [calgarytransit.ca/commitment](http://calgarytransit.ca/commitment) to find up-to-date figures when new surveys become available and day-to-day as transit receives reliability figures.

Morgan added they will also be working on getting the public raw data in the next quarter.

WITH FILES FROM

JENNIFER FRIESEN/FOR METRO

## REVIEW

## System facing ridership plateau

Transit officials are counting revenue dollars and cents while trying to balance a plateau in ridership as the economy drop-off funnels down to customers.

A mid-year review of the 2015 to 2018 Action plan highlighted a standstill in ridership that Calgary Transit Director Doug Morgan said they're keeping a close eye on as they try to meet revenue goals of 50 to 55 per cent of operating costs.

Currently the transit system has about 72.2 million passengers year-to-date, which is up about 1.7 per cent from last year.

But Morgan said the system

isn't experiencing as much growth as hoped and ridership could be levelling off.

"It's about similar to what it was last year, so we're certainly hopeful to make an attractive service to grow the ridership, but we're seeing there's some risks there that ridership could slow," said Morgan.

"We've seen growth, but we saw softness during the summer period which is a tough indicator because it's not when all the riders are coming."

Currently Calgary Transit is covering about 50 per cent of operating costs with revenue from their fares — which they recently increased.

Morgan said the system is



**Doug Morgan**  
COURTESY @DOUGGMORGAN/TWITTER

Offering additional services in new communities is something the transit boss said they are struggling with now but added the quality of services will hopefully attract new riders.

"There's marketing and promotion, there's service quality, there's reallocating from low-performing routes to more high-performing routes, so we're looking at all of those options to make sure that we're generating enough money."

Calgary Transit just launched its customer commitment, a tool the Action Plan listed as a possible way to attract more riders.

HELEN PIKE/METRO

# Mayor Nenshi advocates for new fire protection approach

## EMERGENCY SERVICES

### Committee looks for better ways to utilize services

**Brodie Thomas**  
Metro | Calgary

Mayor Naheed Nenshi said the city needs to shift its thinking away from response times as being the holy grail when it comes to fire protection.

The comment was in response to a Priorities and Finance Committee meeting held Tuesday to discuss an independent review on the Calgary Fire Department.

Nenshi said instead of simply seeking out lower response times, the department must focus on protecting people and property, and see if shorter response times always bring better results.

Fire Chief Steve Dongworth said he would be content to keep targeted response times at seven minutes, rather than going to the national standard of eight minutes, 90 per cent of the time.

"We talk about this going to eight minutes as if it's a silver bullet. The reality is we're positioned today at seven minutes and we're not even making eight. If you move to eight and reduce the resources to eight,

I would suggest you're going to have 10."

A zero-based review by Behr Energy Services came up with 34 recommendations on how to increase efficiency of the force.

City administration accepted 32 of those recommendations outright, or with slight amendments. The other two were rejected due to safety concerns, and alternatives were proposed.

The mayor said he was pleased with the tension between the independent report and the city administration's response.

He said it shows signs of a healthy process overall.

"We've really been able to have a focused and rational discussion on what we should do, what we can afford and how we can keep people safe," he said.

The public may have a chance to weigh in on recommended changes to the Calgary Fire Department. Coun. Diane Colley-Urqhart tabled a motion to allow for public input on changes to the Fire Department.

While Coun. Sutherland ques-

tioned the value of letting the public weigh in at this point in the process, Mayor Nenshi said he would be willing to give it a try as an experiment to see if the process can be improved.

"We have to be open to opposing points of view. A lot is at stake by adopting these recommendations," he said.

WITH FILES FROM NEWS TALK 770

**We've really been able to have a focused and rational discussion on what we should do, what we can afford and how we can keep people safe.**

Naheed Nenshi



City administration accepted 32 of those recommendations and the mayor says tension between the report and the administration is a sign of a healthy process. METRO FILE

## MORE INFO

### Department adopts plan to help with PTSD

Calgary's Fire Department is trying to address Post Traumatic Stress Disorder with its own adaptation of the Road to Mental Readiness Program.

First launched by the Department of National Defence, the program is a fire department first, and designed to catch early onset signs of mental health issues before they become debilitating by using a set of checks and balances.

"We're actually the first fire service to adapt it to a fire service environment," said Calgary fire Chief Dongworth during a committee meeting.

The discussion — which was on an operational review of the fire department — was initiated by Coun. Druh Farrell, who wondered why mental health was not a part of the third-party audit of operations by Behr.

The department has started rolling out a pilot of the program, which other fire departments are watching, and will have it fully rolled out this year.

The crux of the program is a simple four-colour chart to help assess mental health and well being. It also has been designed to educate personnel on issues about mental health to reduce stigma. Dongworth added the fire department knows PTSD is a big issue and it has seen cases in its own agency. HELEN PIKE/METRO



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## ECONOMY

## Premier to promote Alberta's strengths

Premier Rachel Notley is taking a trip down east to promote Alberta's economic strengths and environmental initiatives.

Notley will travel to Montreal, New York City and Toronto from Sept. 27 to Oct. 2.

The NDP premier will speak to the Montreal Chamber of Commerce; the Royal Bank of Canada NYC Capital Markets and Bloomberg Canadian Fixed Income Conference in New York; and the Empire Club of Canada in Toronto.

She says she will talk up Alberta as an attractive place for investment, a responsible energy producer and a source

of diversified goods and services.

The estimated cost for the premier, three political staff, one public servant and two protection unit members is \$24,000.

Notley said in a news release that "creating jobs is a top priority" for her government.

"With trade and investment being a significant part of Alberta's economy, meeting with investors and seeking out new economic opportunities demonstrates we are serious about diversifying Alberta's economy," she said.

THE CANADIAN PRESS

**Meeting with investors and seeking out new economic opportunities demonstrates we are serious about diversifying Alberta's economy.**

Rachel Notley

## EDUCATION

## Perceived threat shuts down school

A southeast charter school was closed Tuesday following a perceived threat made against the school.

Calgary police say The Foundations for the Future Charter Academy South Middle School campus was closed as a precaution after a student made comments to another student that were taken

as a threat to the school.

After an investigation into the incident, police say they found that there was not a credible threat to the school, so it was not in any danger.

The school was closed as a precaution.

The school did not return Metro's request for comment.

METRO



# Bylaw amendments may force Uber out

## EDMONTON

## Mayor open to alternate approaches to self-regulation



**Braeden Jones**  
Metro | Edmonton

Amid a chaotic meeting Tuesday, Edmonton city council passed a motion directing its administration to add several amendments to the "vehicle for hire" bylaw by November, including one that could push Uber to leave the city.

One of the recommended amendments is to create a distinct licence class for transportation network companies (TNCs), with undisclosed "appropriate vehicle licence fees" the company would pay.

While that's exactly what Uber asked for, critically, the recommended amendments also suggest charging individual drivers associated with the TNC a license fee of \$50.

During last week's public hearing, Uber's policy director Michael Van Hemmen told council charging drivers would discourage them from driving casually for Uber.

With fewer drivers, he said, "prices would increase, wait times would swell," and, eventually, he suggested, Uber



**Uber's Alberta general manager Ramit Kar speaks at last week's rally at Edmonton City Hall.**

KEVIN TUONG/FOR METRO

would be forced out of Edmonton.

A prepared statement from Uber's Alberta General Manager Ramit Kar released after Tuesday's meeting confirmed the company sees now this as a possibility, as "some clauses would prevent ride-sharing from continuing in Edmonton," it read.

Kar said in the statement that Uber "remains commit-

ted to working with staff and council to build trust and find a path forward."

In his closing remarks Tuesday, Mayor Don Iveson shared that sentiment.

"We are going to discuss with TNCs what their proposals are for approaches to self-regulation ... but we are going to do that on reasonable terms ... not with a gun to our head today."

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**One of the recommended amendments to the new bylaw would mandate a license fee of \$50 for all drivers associated with Uber or any other transportation network company (TNC).**

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# New club a wheelie good idea for youth

## COMMUNITY

## Kids aged 14-17 can build bikes in Beltline Centre group

**Jeremy Simes**  
For Metro | Calgary

Calgary's newest bike club is about more than just bikes, according to Simone Parker, one of the facilitators for the new Beltline Bike Club.

Yes, club participants will build their own bikes, keep them and ride through the Beltline, Parker said.

But kids will connect with one another, local businesses and other community members to hopefully become active members themselves, she said, once the club wraps up in September 2016.

Parker felt a bit displaced when she moved to Calgary from a small town north of the city, and said she wouldn't be surprised if youth felt the same.

"I think a lot of the city's youth feel that way because there's so much going on, but that can isolate groups into smaller units, where the larger community then gets lost," she said.

Sunalta Community Association Treasurer Tom Naested said the association's been "desperately" trying to engage Sunalta residents for last few years.

He said 80 per cent of residents are renters, meaning it's a more "transient" community.

But, "(the club) is certainly a plus," he added. "It'll let (youth) see that they're part of Calgary, and that they do belong."

The year-long club is set to begin Thursday at the Beltline Youth Centre from 4 to 6 p.m. Kids aged 14-17 living in the Beltline can register for free at [twowheelview.org](http://twowheelview.org).



Facilitator Gwen Morgan helps a boy build a bike at an Inglewood youth group two years ago. CONTRIBUTED / TWO WHEEL VIEW



Two people have been arrested in the 2013 death of Daisy Fernandez's son Anthony. AARON CHATHA/METRO

## CRIME

## Two arrests made in man's 2013 death

Calgary police have arrested two people in connection with the 2013 death of Anthony James Fernandez.

Fernandez was found dead in a vehicle on Friday, Dec. 27, 2013, in the 1200 block of Colgrove Avenue NE.

An autopsy revealed that he had died in the early hours of Christmas Day. Police determined his death was a homicide.

Police said his car was also lit on fire, destroying much of the evidence inside.

In August, police released new details in the homicide with the hope that someone with information would come forward.

"As a family we're frustrated by the fact no one has been identified yet in this case," his mother Daisy Fernandez said at the time.

"We're frustrated at how long it has taken to solve this crime, and frustrated that the person who killed Anthony is still walking the streets."

Investigators said they have since made progress and police now have two suspects in custody.

Police will release further details after formal charges are laid. Police are still asking anyone with information about this case who has not already spoken to investigators to call the non-emergency line at (403) 266-1234 or by calling the Homicide Unit Tip Line at (403) 428-8877.

Tips can also be left anonymously by contacting Crime Stoppers at 1 (800) 222-8477.

METRO STAFF

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## READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about



## VOTER PROFILE

**Name:** Jerilynn Webster **Age:** 30 **Riding:** Vancouver East  
**Her issues:** Missing/murdered women, environment, refugees, youth in care, reconciliation with First Nations

## Spitting fire in search of 'true reconciliation'

ROSEMARY  
WESTWOOD  
in Vancouver

Jerilynn Webster is, in her own words, killing this interview.

"I'm on fire!" she says, dancing in her seat at a Vancouver café. "Comin' correct, Ashley Callingbull-styles. I'm charged up. Hashtag Drake-styles. I'm Drake. Conservatives, you're Meek Mill."

The 30-year-old rapper — who goes by JB the First Lady — is listing her top five election issues, punctuating each point by looking me dead in the eyes, holding my gaze for a beat of silence.

The list goes like this:

**1. A missing and murdered Indigenous women's inquiry.** "If it was any other race, there would be something done about it," she says. "The Conservatives said they don't feel like there needs to be any information, or inquiry. I want someone who's going to push for it."

**2. Environmental policy.** "Someone who's not into selling, ruining the land, or poi-

soning the waters. Someone who is for protection. Someone who is for sustainable energy." In the midst of global warming, this election, she says, "is for Mother Earth."

**3. Welcoming refugees.** "No humans should be 'illegal,'" she says, and mentions Alan Kurdi, the boy found on the shores of Turkey. "We're responsible for deaths like that, especially if we live in a place where there's abundance. We need to make sure that's accessible for children."

**4. Youth in care.** Over half of all kids in provincial care in B.C. are Indigenous. Webster wants that to change. She compares the situation to the residential school system, and wants more support for children transitioning out of government care, too. "We need to take care of our children."

**5. Reconciliation with Indigenous Canadians.** This is an overarching issue, she says. "True reconciliation — there would be justice for all categories."

I tell her it's clear she's

thought a lot about what she wants. "Girl, someone pay for my campaign!" she says.

Webster, who is part of the group Enter Tribal, released her first album in 2008. She says hip hop is a modern evolution of her people's oral-history tradition. Storytelling is a responsibility.

"And I don't take it lightly."

Her voice is her politics, and her politics — she's at pains to note — are her own, not a token representation of other Indigenous people, some of who don't believe in voting. She sees voting as resistance: "My grandmother was not allowed to vote. My grandfather was not allowed to vote. And now I can research, and I can ask questions. Push back. Push forward."

"The reason we have missing and murdered Aboriginal women, environmental problems, is because the genocide is still happening."

Rosemary Westwood is travelling across the country talking to young voters. Tomorrow she's in Calgary.

## Not just jobs — quality jobs

## ECONOMY

## Young people struggling to find meaningful well-paid work

Michael Woods  
Metro | Ottawa

It's a situation familiar to many young Canadians: graduate from university or college with a mountain of debt, find low-paying, precarious employment, and be squeezed when it's time to buy a house or start a family.

Today's 25-to-34-year-old earns thousands of dollars less for full-time work today than in 1976, and skyrocketing housing prices disproportionately favour older Canadians.

Governments aren't helping. Federal and provincial governments combine to spend over \$33,000 per person over 65, but spend less than \$12,000 per person under 45, according to the calculations of Paul Kershaw, a professor at the University of British Columbia and founder of Generation Squeeze, a national non-profit building a lobby group for younger Canadians.

"It might be OK to have that big gap if young Canadians were doing wonderfully in the marketplace, but we're not," Kershaw says. "Things have gotten much worse for us compared to a few decades ago."

For many, the cycle starts with post-secondary education. Canadians are graduating with record levels of debt: national average tuition fees have increased more than 155 per cent, adjusted for inflation, from 1990 to 2014, according to the Canadian Federation of Students.

Rebecca Blakey, 26, an Ottawa native who now lives in Edmonton, has an undergraduate and master's degree in English. She worked jobs in the manufacturing and non-profit sectors before her current job as an administrator at the University of Alberta.

She has a student line of credit that she's been paying off for four years, and will be for another three. And she's tired of the rhetoric

**I take to heart this notion that desperate people make ideal workers and distracted citizens.**  
Rebecca Blakey, 26

"A lot of people, especially people in older generations, are like: 'What it takes for you to just get a good job,'" she says.

"It's all fine and well to say everybody needs jobs, but what are the conditions that lead to those people being desperate and needing those jobs?"

Indeed, the youth unemployment rate has been above 13 per cent since before the 2008 recession, about twice the national average. But the under-

5

Additional years of work required to save a down payment.

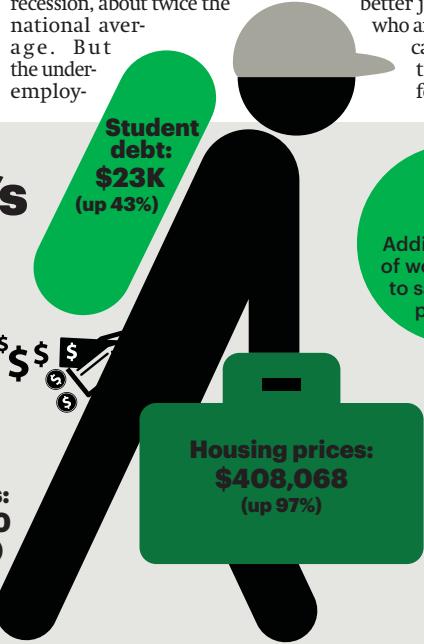
## BY THE NUMBERS

## Millennial's burden

Research by the lobby group Generation Squeeze compares what 25-34-year-olds face today vs. in 1976. (All figures averages)

Annual earnings: \$42,480 (down 9%)

Housing prices: \$408,068 (up 97%)



ment rate — those in precarious, part-time work or lower-paying jobs not in their field, makes up another 29 per cent.

So what would the federal political parties do about it? In the past month, the two main opposition parties have released plans to address youth unemployment.

The NDP pledges \$200 million over four years to help create more than 40,000 jobs, paid internships and co-op placements for youth, as well as to crack down on unpaid internships. The Liberals promise \$1.3 billion over three years, including \$300 million annually for a youth employment strategy.

Kaylie Tiessen, an economist at the Canadian Centre for Policy Alternatives, said those proposals are "great, but they're just a step in the right direction."

She points out that the co-op placements and internships promised in the platforms would be entry-level, resumé-padding positions of little use to many underemployed young people, whose resumés are already great. The problem, she says, lies in helping young workers move past low-level jobs into quality, full-time work.

"I'd really like to see a bigger-picture plan here, where we're looking at creating youth jobs, but also looking at building better jobs so that youth who are underemployed can move into jobs they've studied for," she said.

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# Tories regret 'confusion' on Fox

## ELECTION 2015

### Foundation made request for funding, Harper says

Stephen Harper defended his party Tuesday against accusations of politicizing Canadian icon Terry Fox, saying the foundation in the Marathon of Hope runner's name put forward the very ideas on cancer research funding the Conservatives announced over the weekend.

The Conservatives promised that if re-elected, they would match all donations raised during this year's Terry Fox Run, fund a cancer-prevention centre in Vancouver and renew existing funding for a national treatment and prevention centre.

"In August of this year, we received a request from the Terry Fox Institute and the Terry Fox Foundation for the kinds of contributions and matching funds we're setting up," Harper said.

"We fulfilled that request; I



Conservative Leader Stephen Harper speaks to supporters while campaigning Tuesday in Winnipeg. RYAN REMIORZ/THE CANADIAN PRESS

think it's a great policy."

The Conservative announcement came in for criticism after Conservative MP James Moore described the Fox family as enthusiastically welcoming the program, which the family itself said they never did.

In an Aug. 31 letter to Harp-

er, however, both organizations do make a pitch for greater financial support of cancer research.

The letter makes a specific demand — that the federal government help them expand their pilot project connecting high-performing can-



### WHERE THE LEADERS ARE WEDNESDAY



• **Stephen Harper** has no events scheduled.

• **Justin Trudeau** will be in Montreal.

• **Tom Mulcair** will also be in Montreal.

• **Elizabeth May** has no events scheduled.

cer research hospitals to help them share clinical and research data.

The letter, circulated Tuesday by the Conservatives, makes no mention of the matching funds commitment nor the prevention centre in Vancouver.

It does ask for a sit-down with Harper to discuss their proposal prior to the Oct. 19 vote.

It also closes with an offer.

"We invite you to show your support of our vision for a Terry Fox-designed Comprehensive Cancer Program. We welcome you to participate at any of the

750 Terry Fox Runs happening on Sept. 20 across Canada," says the letter.

"We will be happy to work with you in providing a speaking opportunity at the start of this year's run."

The Conservative party has acknowledged they might be causing some tension.

"It was mistakenly indicated that the funding requested and welcomed by the Terry Fox Research Foundation was done so on behalf of the family," the party said in a statement.

"We regret any confusion this may have caused."

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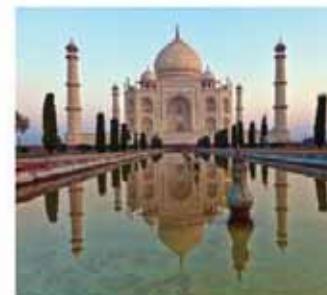


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# Too early to diagnose test problems: Group

## HEALTH

### Our nurses not doing as well on U.S.-based licensing exam

It's too soon to know what lower pass rates might say about a new U.S.-based licensing test for Canadian nurses, but they don't mean it's too Americanized, says the national group that oversees the exam.

The president of the Canadian Council of Registered Nurse Regulators said figures released earlier this month for the National Council Licensure Examination are for the first half of 2015.

But Anne Coghlan said critics are measuring those numbers against the annual results for a previous written test for nursing graduates that was administered by the Canadian Nurses Association.

"I think it's very important to stress this is preliminary data," said Coghlan. "This data represents the first six months of the year and in some jurisdictions it represents a small number of writers."

The national pass rate from January to June stands at 70.6 per cent, with six of 10 provinces



**The national pass rate for a new U.S.-based licensing test for Canadian nurses stands at 70.6 per cent. ISTOCK**

and territories registering pass rates below the national average.

The U.S. pass rate for the test in the same period is higher at 78.3 per cent, prompting some to question its validity in measuring the competency of Canadian registered nursing gradu-

ates. Figures for the previous test show the national pass rate was 86 per cent in 2014 and 81 per cent in 2013.

Kirsten Woodend, president of the Canadian Association of Nursing Schools, believes the test is the wrong exam for Can-

adian, saying there is a "huge mismatch" when the American-based test plan is compared to existing entry requirements for competency in Canada.

Woodend worries that Canadian nursing programs will teach to the test, instead of concentrating on training nurses who enter a very different health system than in the U.S.

"We can train them (graduates) to death and get them to have higher pass rates, but I think the implications are much larger because of these mismatches," said Woodend.

But Coghlan defends the new test, saying it measures the applicants' ability to perform safely in critical areas, such as conducting patient assessments, performing the calculations required to administer medication and in ensuring they understand how to protect client and patient privacy and confidentiality.

"It's not American content and it's not Canadian content," she said. "It is nursing content and that is not different between Canada and the United States."

Coghlan also said a trend is developing that suggests Canadian writers are passing the exam on their second attempt at a higher rate than American graduates, although hard data isn't available yet.

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## DIABETES

### Discovery could be a 'game changer': U of A researcher

Researchers from the University of Alberta say they have identified a new molecular pathway that manages the amount of insulin produced by the body, and they're touting the discovery as a potential "game-changer" in the field of diabetes research.

The new pathway was found after researchers examined pancreatic cells from 99 human organ donors.

They found that the pathway acts as a sort of "dimmer" switch, essentially adjusting how much insulin is secreted when blood sugar increases.

A study detailing their discovery was published Monday in the *Journal of Clinical Investigation*.

Prof. Patrick MacDonald, an associate professor at the University of Alberta Faculty of Medicine and Dentistry, says the "dimmer" switch appears to be lost in patients with Type 2 diabetes.

But he says it can be turned

back on, essentially restoring proper control of insulin secretion from pancreatic cells in diabetes patients.

MacDonald says the discovery could lead to a new way of treating the disease in the future.

"Understanding the islet cells in the pancreas that make insulin, how they work — and how

**(This) could lead to new ways to treat the disease.**  
Prof. Patrick MacDonald

they can fail — could lead to new ways to treat the disease, delaying or even preventing diabetes," he says.

He says while restoring the "dimmer switch" in the islet cells of the pancreas may have been proven on a molecular level, finding a way to translate

this into clinical practice could take decades.

"We don't know enough to stop Type 2 diabetes yet, but this is a large step toward understanding what's going wrong in the first place," he says.

According to the Canadian Diabetes Association, there are more than 10 million Canadians living with diabetes or prediabetes. Patients with diabetes can't produce enough insulin or can't properly use the insulin their body produces.

Diabetes can lead to high blood sugar levels, which in turn can damage organs, blood vessels and nerves.

Type 2 diabetes accounts for about 90 per cent of all cases. It is associated with an increased risk of blindness, stroke and heart disease. It is initially managed with lifestyle changes, including dietary changes and increasing exercise.

THE CANADIAN PRESS

## IN BRIEF

### Hard drive with personal info of 3.4M students lost

Bureaucrats spent much of the summer rummaging through boxes in a secret Victoria warehouse, searching for a hard drive containing 3.4-million records of British Columbia and Yukon students and teachers.

The hard drive is now officially lost, said Technology, Innovation and Citizens' Services Minister Amrik Virk on Tuesday.

He called the loss troubling and announced the province's Chief Information Officer will review the government's management of personal information, adding Information and Privacy Commissioner Elizabeth Denham will conduct her own review.

Virk said the government believes the risk to people is low because the hard drive does not contain social insurance numbers or financial or banking data. THE CANADIAN PRESS

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0% FOR 84 MONTHS**

**CASH PRICE** **\$49,395** | **OR FINANCE** **\$53,495** | **BI-WEEKLY** **\$294**

# 2015 GMC SIERRA SLE 2500 HD CREW CAB 4WD STK# 215064 6.0L V8, PREFERRED PACKAGE, HEATED SEATS

**CASH PRICE  
\$49,595** **OR FINANCE  
\$55,595** **DOWN PAYMENT  
\$305**

# 2015 CHEVROLET SILVERADO 1LT CREW CAB 4W RALLY-2 EDITION, HEATED LEATHER SEATS, N STK# 2151202 CASH PRICE \$47,295 OR FINANCE \$51,395 BI-WEEKLY \$282

# 2015 GMC SIERRA SLE CREW CAB Z71 KODIAK EDITION, ALL TERRAIN PACKAGE, 20" WHEELS

# 2015 CHEVROLET SILVERADO 2LT CREW CAB Z71 TRUE NORTH EDITION, HEATED LEATHER SEATS, NAV

**2015 CHEVROLET SILVERADO 2LT REGULAR CAB Z71**  
STK# 215384 5.3L V8, CONVENIENCE PACKAGE, 20" WHEELS

**CASH PRICE  
\$40,395** **OR FINANCE  
\$43,395** **BPW  
\$238**

**2015 GMC SIERRA DOUBLE CAB 4WD**  
STK# 2151113 5.3L V8, ELEVATION EDITION, 20" WHEELS

**CASH PRICE** **\$36,395** | **OR FINANCE** **\$40,995** | **BI-WEEKLY** **\$225**

# 2015 CHEVROLET SILVERADO 1WT CREW CAB 4WD

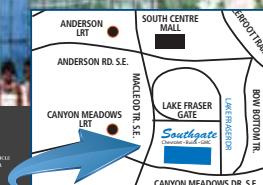
**CASH PRICE** **\$30,895** **DRW** **\$34,995** **\$192**

**2015 GMC SIERRA DOUBLE CAB 4WD**  
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## PHILIPPINES

## Canadians abducted from upscale resort

Gunmen abducted two Canadians, including a former mining company executive, a Filipino woman and the Norwegian marina manager at an upscale resort complex on a southern Philippine island, sparking an air and sea search by authorities, officials said on Tuesday.

At least 11 men armed with pistols and two rifles arrived on two motorboats and entered the Holiday Ocean View Samal Resort before midnight Monday on Samal Island off Davao City, military and police officials said, citing witnesses and a security video that captured the period of the kidnapping.

The gunmen attempted to seize an American and his Japanese companion on one of the yachts docked at the marina, but the couple resisted and escaped by jumping off

### TVI PACIFIC

#### Ridsdel still a consultant

John Ridsdel is the former chief operating officer of mining firm TVI Resource Development Philippines, a subsidiary of Canada's TVI Pacific, where he is still a consultant, a company officer said.

the boat.

Amid the commotion, Canadians John Ridsdel and Robert Hall and the Filipino woman, Teresita Flor, rushed out of their yacht and were taken. Norwegian Kjartan Sekkingstad, who was the resort's marina manager, was seized when he approached to check what was happening.

THE ASSOCIATED PRESS

## INDONESIA

## PETA wants monkey to own selfie rights

A macaque monkey who took now-famous selfie photographs should be declared the copyright owner of the photos, rather than the nature photographer who positioned the camera, animal-rights activists contend in a novel lawsuit.

The suit was filed Tuesday in San Francisco by People for the Ethical Treatment of Animals.

The photos were taken during a 2011 trip to the Indonesian island of Sulawesi by British nature photographer David Slater. Through San Francisco-based self-publishing company Blurb, he has published a book called Wildlife Personalities that includes the "monkey selfie" photos.

However, the photos have been widely distributed else-



A selfie taken by a macaque monkey in Indonesia. DAVID SLATER-COURT EXHIBIT/PETA/THE ASSOCIATED PRESS

where by outlets, including Wikipedia, which contend that no one owns the copyright to the images because they were taken by an animal, not a person. THE ASSOCIATED PRESS



Croatian police officers hold back a man in Opatovac, Croatia, Tuesday, after scuffles broke out outside a new reception centre meant to register those seeking sanctuary in Europe. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

# EU deal on refugees strains group's ties

### metronews The Syrian Crisis The agreement

#### Four nations vote against relocation plan

At a contentious meeting, European Union ministers agreed Tuesday to relocate 120,000 refugees among the bloc to ease the strains on front-line nations like Greece and Italy, which are being overwhelmed by the migrant crisis.

But in a sign of deep-rooted divisions among the bloc's 28

nations, the ministers who often reach decisions by consensus had to put the plan to a vote. And even with Tuesday's hard-won agreement, the sheer numbers of migrants already in Europe this year — over 477,900 — shows the need for much greater action and wider vision down the road.

Milan Chovanec, the Czech Republic's interior minister, said four nations — the Czech Republic, Slovakia, Romania and Hungary — all voted against the plan and Finland abstained.

The deal did not set mandatory quotas for each nation —

one of the most controversial aspects of the proposed plan. But German Interior Minister Thomas de Maiziere said the deal cut "secondary migration," in which those seeking asylum move from one country to another within Europe.

"If people are distributed in Europe, then they can't choose

**They can't choose what country they go to ...**  
Thomas de Maiziere

what country they go to. They have to stay in the country they were distributed to," he said.

Hours before the ministers talked in Brussels, migrants scuffled with police at a transit camp in Croatia and nations in southeast Europe scolded and threatened each other as the unrelenting flow of asylum-seekers raised diplomatic tensions to a boiling point.

Tensions between Serbia and Croatia took a sharp turn for the worse, with Serbia giving Croatia an ultimatum to reopen its border — or risk unspecified counter-measures.

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**LUCKNOW, INDIA FEAR OF DENGUE** A man selling chewable tobacco covers his wares as a municipal worker fumigates to prevent mosquitoes from breeding. Outbreaks are reported each year after the monsoon season that runs June to September. Many have died from the mosquito-borne disease in New Delhi this year. RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

## Hanging postponed with one hour to go

PAKISTAN

### Officials spare paraplegic convict on death row

Pakistan on Tuesday postponed the execution of the country's first known paraplegic on death row, about an hour before he was to be hanged, an official said. The man's family welcomed the development with relief and urged authorities to spare his life on medical grounds.

The day before, Pakistan's Supreme Court refused to halt the execution of 43-year-old Abdul Basit, who has been paralyzed from the waist down since contracting meningitis in prison in 2010. Basit has been on death row since 2009, convicted of murdering a man in a financial dispute in Punjab province.

According to prison official Mohammad Safdar, a magistrate made the decision to postpone the death sentence after talking to Basit early Tuesday.

The hanging was initially scheduled for just before dawn. There were no further details.

Under Pakistani law, authorities can delay executions on medical grounds but a convict can only be pardoned by the country's president. There was no immediate statement from President Mamnoon Hussain.

Basit's family members were waiting outside the high-security prison in the city of Faisalabad in eastern Punjab province so they could take the body for burial. His sister, Shugufta Sultana, said they were "terrified and nervous."

"We were waiting for bad news but God gave a new life to my brother and his execution was postponed," she said over the phone from Faisalabad.

Basit's lawyers and the rights group Reprieve had petitioned Pakistan's top court to halt the execution, arguing the hanging would constitute cruel and inhuman punishment. Reprieve's caseworker Kate Higham welcomed the postponement, saying the execution would have violated "both the prison's own rules and Pakistan's ban

**“**  
**God gave a new life to my brother and his execution was postponed.**  
Shugufta Sultana

on cruel and unusual punishment."

Earlier, Amnesty International also urged Pakistan to halt Basit's execution and called for a moratorium on all executions in the country.

The Human Rights Commission of Pakistan said authorities have hanged 236 people since lifting a 2008 moratorium on executions in December, after a deadly Taliban attack on a school in the northwestern city of Peshawar killed 150 people, mostly children. But only one in 10 of the 236 prisoners executed since then has been convicted of a terror attack. International rights groups, including Reprieve and Amnesty, have urged Pakistan to stop executions.

THE ASSOCIATED PRESS

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# Papal visit to U.S. stirs controversy

## RELIGION

## Pontiff likely to talk poverty, environment, immigration

Pope Francis arrived Tuesday on the first visit of his life to the United States, bringing his "church of the poor" to the world's wealthiest superpower and a country polarized over issues closest to his heart: immigration, social injustice and economic inequality.

According to a rare honour to the pontiff, President Barack Obama and his wife welcomed Francis on the red-carpeted tarmac at Andrews Air Force Base in Maryland, just outside the nation's capital, after the pope's chartered plane touched down from Cuba to boisterous cheers from the crowd of hundreds. Presidents usually make import-

ant visitors come to them at the White House.

Shyly removing his skullcap, the 78-year-old pontiff walked slowly down the steps from the plane in his white robes and was met by a military honour guard, schoolchildren, politicians, and Roman Catholic clergyman in black robes and brightly coloured sashes.

Francis' most eagerly watched speech will be his address Thursday to Congress. Republicans and many conservative Catholics have bristled at his indictment of the excesses of capitalism that he says impoverish people and risk turning the Earth into an "immense pile of filth."

Many conservatives have likewise rejected Pope Francis' call for urgent action against global warming.

Just how far Francis presses his agenda in Washington is the big question.

THE ASSOCIATED PRESS



Pope Francis, accompanied by U.S. President Barack Obama, right, is greeted upon his arrival at Andrews Air Force Base, Md., Tuesday. ANDREW HARNIK/THE ASSOCIATED PRESS

## U.S. SENATE

## Late-term abortion ban bill fails as government shutdown looms

Senate Democrats thwarted an effort to ban late-term abortions on Tuesday as Republican leaders strained to avoid a government shutdown in eight days over the dispute — all against a tangled backdrop of presidential politics.

Up next, in the first of a series of choreographed steps, Senate Majority Leader Mitch McConnell, a Republican, set up a showdown vote for Thursday on stopgap legislation that would keep the government operating through Dec. 11.

But it would also block women's health care provider Planned Parenthood's federal funds for a year, and Democrats are expected to block that measure, too, setting up subsequent votes on must-pass bills to keep the government open free of the dispute over Planned Parenthood and abortion.

Abortion politics is roiling Congress and the White House campaign as well. A number of Republicans, outraged over Planned Parenthood's procurement of fetal tissue for scientific research, are demanding definitive action from party leaders.

President Barack Obama and congressional Democrats stand as the chief obstacles, with Democrats repeatedly blocking any legislation that undermines abortion rights.

On Tuesday, Senate Democrats blocked a Republican measure to prohibit most late-term abortions. The Senate voted 54-42 to move ahead on the legislation, but that fell six votes short of the 60 needed to

crack a filibuster mostly led by Democrats.

Republican leaders in the House have staged several votes on anti-abortion legislation, but the moves haven't satisfied a handful of party hardliners who are insisting that the must-pass budget measure include language stripping taxpayer funding for Planned Parenthood.

Abortion foes say videos show Planned Parenthood has violated federal prohibitions against profiting from fetal tissue sales or changing some abortion procedures to maximize the harvesting of fetus organs. Planned Parenthood says it's broken no laws and says the videos were manipulated to distort the recorded conversations.

The Republican bill would set criminal penalties of up to five years in prison for doctors who perform most abortions 20 weeks or more into pregnancy. The House approved the legislation in May.

THE ASSOCIATED PRESS



If Senate Republicans cannot defund Planned Parenthood right now, there is no point in calling them Republicans.

Tweet by Louisiana Gov. Bobby Jindal



\*Artist rendering. Possession subject to availability. Prices subject to change without notice. E&OE.

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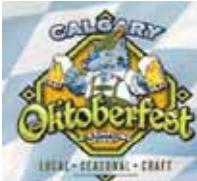
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Wednesday, September 23, 2015 | **23**



Pilgrims circle the Kaaba at the Grand Mosque in Mecca, Saudi Arabia on Tuesday. MOSA'AB ELSHAMY/THE ASSOCIATED PRESS

## Millions go to Mecca

**SAUDI ARABIA**

### Muslims flock to annual hajj in holy city for prayers, rituals

More than 2 million Muslims on Tuesday started the first rites of the annual hajj in Saudi Arabia, one of the world's largest religious pilgrimages that draws people from different countries to the holy city of Mecca to perform a series of rituals and prayers aimed at erasing past sins.

Newly-arrived pilgrims circled the Kaaba, the black cube-shaped structure in Mecca's Grand Mosque toward which all Muslims pray. In a sign of

charity and fasting during the month of Ramadan.

Muslims believe the hajj traces the paths of the Prophets Abraham, Ishmael and Muhammad. Pilgrims start the hajj in Mecca before heading to the nearby tent city of Mina, five kilometres away.

In Mecca, they circle the Kaaba counterclockwise seven times, and also re-enact the path of Hagar, the wife of the patriarch Abraham, who Muslims believe ran between two hills searching for water for her dying young son. Tradition holds that God then brought forth a spring of water that runs until this day and which Muslims drink from during the hajj.

Since arriving to Mecca over the past several weeks, hundreds of thousands have chanted, "Labayk Allahuma Labayk," or "Here I am, God, answering your call. Here I am."

**Here I am, God, answering your call.**

Pilgrims' chant at hajj

Many prayed for their deceased kin. Sadi Zawya, who lost his wife earlier year and is now raising his five children on his own was among the sea of people.

Arriving from Egypt, 62-year-old Hoda Darahim said her 35-year-old daughter died this year, and that she is now raising her two grandchildren.

"Her dream was to perform the hajj," Darahim said of her daughter. "So I am fulfilling her wish."

THE ASSOCIATED PRESS

**EGYPT**

## Radar to scan Tut's tomb for hidden crypt

The Egyptian Antiquities Ministry granted preliminary approval for the use of a non-invasive radar to verify a theory that Queen Nefertiti's crypt may be hidden behind King Tutankhamun's 3,300-year-old tomb in the famous Valley of the Kings, a ministry official said Tuesday.

A security clearance for the radar's use will probably be obtained within a month, said Mouchira Moussa, media con-

sultant to Antiquities Minister Mamdouh el-Damaty.

"It's not going to cause any damage to the monument," Moussa said.

Egyptologist Nicholas Reeves recently published his theory, but it has yet to be peer-reviewed. He believes that Tutankhamun, who died at the age of 19, may have been rushed into an outer chamber of what was originally the tomb of Nefertiti, which has never

been found.

British archaeologist Howard Carter discovered Tut's tomb in Luxor's Valley of the Kings in 1922 — intact and packed with antiquities including Tut's world-famous golden mask.

In his paper, Reeves claims high-resolution images of King Tut's tomb include lines underneath plastered surfaces of painted walls, showing there could be two unexplored doorways, one of which could

potentially lead to Nefertiti's tomb. He also argues that the design of King Tut's tomb suggests it was built for a queen, rather than a king.

The Japanese radar, which will be operated by an expert from Japan once the final approval is granted, will look beyond the walls that Reeves says may be leading into the suspected tomb and the other chamber, Moussa said.

THE ASSOCIATED PRESS

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4:00PM to 10:00PM



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107	GLUTENBERG	230	BANFF AVE. BREWING CO.		
111/113	ED'S RESTAURANT	225/227	FEDERATION OF BEER		
112	LOUNGE	229	FALLENTIMBER MEADERY		
114-118	FIASCO GELATO	231	PACIFIC BREWING CO.		
117/119	WILD ROSE BREWERY	209	ALLEN BRANDS		
120	WILLOW PARK LIQUOR STORE	211	RUSSELL BREWING CO.	328	TROUBLED MONK BREWING CO.
121	SAMPLE TOKENS & INFORMATION	213	LOUNGE	330	DANDY BREWING CO.
126/128	OKANAGAN SPRINGS BREWERY	215	FRÜH	301/303	BIG ROCK BREWERY
130/132	EMPAÑADA QUEEN	221	MAISEL'S, NEW BELGIUM BREWING CO., LIEFMAN'S, BOULEVARD BREWING CO.	307/309	PAMPA BRAZILIAN STEAKHOUSE
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210/212	BREWSTER'S BREWING CO.	322	HOWE SOUND BREWING, POSTMARK BREWING	406	YUKON BREWING CO.
216	SOMETHING BREWING	324/326	BIG T'S BBQ	408	ALLEY KAT BREWING CO.
218	GRIZZLY PAW BREWING CO.			401-405	NATIONAL BEER HALL
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BOOTHS / VENDORS .....



TOKEN SALES .....



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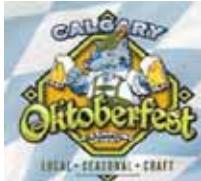
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Business | **metronews**

# Apple Watch fixes quirks

## TECHNOLOGY

### New software lets it do more but hardware stays the same

Apple Watch's new software brings useful enhancements, though it's not the same as getting a new watch.

That same watch can now do more. For the first time, non-Apple apps are able to display video and use the watch's sensors and controls. In addition, the watch now works with Wi-Fi, extending how far you can go without a phone with you. These enhancements address many initial frustrations with the watch.

But the hardware itself isn't changing, apart for some new colour and band choices. Promised battery life remains at 18 hours, something Apple will need to address in upcoming generations given that rival smartwatches are promising more. For now, you might need to buy a spare charger to give the watch a power boost while



Attendees check out the product at a company event in March. THE ASSOCIATED PRESS FILE

you're sitting at work.

The watchOS 2 update for Apple Watch arrived Monday, delayed by nearly a week as Apple fixed an unspecified bug.

To update the watch, first make sure your phone has the latest software, iOS 9. Then go to the Apple Watch app on the

phone, choose "General" and then "Software Update."

Apple's own fitness apps are smarter with Monday's update:

Before, the watch displayed only current pace during runs. Average pace is more useful, as it factors in the occasional errant readings. The watch

finally lets you choose that instead, though you need to dig in the settings on the phone to change that.

The watch tracks mile-by-mile splits for the first time, matching what many apps, the Fitbit Surge and the Microsoft Band offer. It's not the same as

choosing your own splits manually, such as after each lap on a track. But it's progress. The splits aren't displayed on the watch, though, but in the Activity app on the phone after you sync your workout.

The nagging reminders that you need to stand up if you've been sitting at your desk for too long can be paused if you happen to be on a flight or a road trip. And it's clearer whether you've already earned credit for standing during a given hour. A blinking blue bar appears in the Activity app on the watch if you haven't yet.

You also have more choices for watch faces: Choose photos of your kids or friends to appear on the main watch screen. Or choose time-lapse video from one of six cities. At 10 p.m. your time, you see what Paris or Shanghai looks like at 10 p.m. local time. It's cheaper than a flight. When charging, the watch functions like an alarm clock on a nightstand.

Beyond that, the watch update lets you reply to email and set more than 12 friends as favourites.

THE ASSOCIATED PRESS

## IN BRIEF

### Groupon to cut 1,100 jobs as it shrinks global ops

Groupon is cutting 1,100 jobs in the coming year, roughly 10 per cent of its workforce. The e-commerce and online deals company said in a blog post Tuesday that the cuts are mainly in its international business.

Having already closed its operations in Greece and Turkey, Groupon said it is also leaving Morocco, Panama, the Philippines, Puerto Rico, Taiwan, Thailand and Uruguay. The company said it wants to focus on fewer countries.

THE ASSOCIATED PRESS

## market minute

	<b>DOLLAR</b>	75.43¢ (-0.07¢)
	<b>TSX</b>	13,491.09 (-288.35)
	<b>OIL</b>	\$46.36 US (-60¢)
	<b>GOLD</b>	\$1,124.80 US (-\$8.00)

**NATURAL GAS:** \$2.577 US (+0.4¢)  
**DOW JONES:** 16,330.47 (-179.72)

# Mac's stores being renamed Circle K

Alimentation Couche-Tard is retiring the 54-year-old Mac's convenience store brand as it unites under the Circle K banner in most areas of the world.

The change has been in the works for more than two years and follows several acquisitions that have added different brands to the Quebec-based company since 1980.

CEO Brian Hannasch said the change will accelerate the introduction of new products such as its house-brand coffee

across the network.

The company, which will keep its Couche-Tard banner in Quebec, will begin rolling out its Circle K brand to other parts of Canada in May 2017, following rollouts in the U.S. and Europe that begin next year.

Mac's Milk Ltd. was founded in 1961 by Ontario businessmen Ken and Carl McGowen. It changed to Mac's Convenience Stores in 1975, after being taken over by Silverwood Dairies. THE CANADIAN PRESS

## IN BRIEF

### VW scandal widens

Volkswagen AG's emissions scandal crisis escalated Tuesday as the company issued a profit warning, set aside billions to cover the fallout and lost billions more in market value. The developments came as Volkswagen stunningly admitted that some 11 million of its diesel vehicles worldwide contain software that evades emissions controls, not just the half a million revealed by the U.S. Environmental Protection Agency. THE ASSOCIATED PRESS

### Peanut exec gets 28 years

Before he was led from the courtroom en route to prison, Stewart Parnell apologized years after his company's peanut butter spawned a deadly outbreak of salmonella poisoning in 2009 blamed for killing nine people and sickening 714. A judge Monday sentenced the 61-year-old former Peanut Corporation of America owner to 28 years in prison. It's the harshest criminal penalty ever for a U.S. producer in a food-borne illness case. THE ASSOCIATED PRESS

Ongoing weakness in the energy sector has prompted RBC Economics to downgrade its latest forecast for the Canadian economy.

It says Canada's real GDP is projected to grow 1.2 per cent this year — down from its June prediction of 1.8 per cent. However, RBC says while the economy contracted mildly in both the first and second quarters of 2015, the depth of the decline was marginal and the weakness was concentrated

mostly in the energy sector.

Provincial economies continue to be divided between oil producers and oil consumers, with the fallout from plunging oil prices significantly lowering the outlook for economic activity in Newfoundland and Labrador, Alberta and Saskatchewan. RBC says the prospects for Ontario, British Columbia, Quebec are brighter, as well as for most of the other oil-consuming provinces.

THE CANADIAN PRESS

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# metr<sub>o</sub> VIEWS

**Rockon:** A new method of extracting water from asteroids could bring long-haul spaceflight closer — though not everyone agrees the whole universe should be ours to mine for resources.

## TIM HARPER: ON CONSERVATIVE CANDIDATE JOE DANIEL

**In a video obtained by the Star, Daniel offered this warning to voters in Don Valley North: "So I think there is a different agenda going on in terms of these refugees."**

On the same weekend Conservatives expedited a refugee processing system in a nod to what they called "Canadian generosity," one of their candidates seeking re-election was telling voters about an "agenda" to move Muslims into European countries.

And that is something Joe Daniel doesn't want to see in Canada.

In a video obtained by the Star, Daniel offered this warning to voters in Don Valley North: "So I think there is a different agenda going on in terms of these refugees.

"Whereas at the same time Saudi Arabia is putting up money for 200 mosques in Germany I think the agenda is to move as many Muslims into some of these European countries to change these countries in a major way.

"That is something that I certainly don't want to see happening in Canada. I think Canada is the greatest country in the world."

One GTA Liberal candidate who has seen the video called it an "outrageous . . . conspiracy theory to promote fear and hatred."

What exactly does Daniel mean with these words? Neither he nor the Conservative party attempted to clarify his remarks.

**Comments like those from Daniel indicate this issue will linger. And legitimate questions will be raised as to how many Conservative candidates might be at least leaning in his direction.**

Instead, he issued a statement Tuesday evening, relayed from party headquarters, pledging support for Stephen Harper's three-pronged approach to the ongoing crisis and "support of the government's recent additional action on refugees, while still ensuring that rigorous security standards are maintained for the safety and security of Canadians."

Daniel would not do a phone interview. He recently made news after his office told the Ottawa Citizen that he would be available to do interviews only after his re-

to stay.

A couple of German politicians branded the move cynical, adding Germany doesn't need the funds, and the refugees need solidarity from the Arab world, not offers of money for Germany.

Until Daniel arrived on the scene, making his comments at an informal meet-the-candidates forum at a barbecue in his riding, no one had suggested — as the video appears to — the refugee crisis was some type of conspiracy to plant Muslims in Europe to change the face of the continent.



**CONTROVERSIAL COMMENTS** Conservative candidate Joe Daniel (right) was caught on video apparently suggesting "the refugee crisis was some type of conspiracy to plant Muslims in Europe," writes Tim Harper. [JOEDANIEL.CA](http://JOEDANIEL.CA)

election and then told the Star that he would work to his own deadlines, not the media's deadlines, in deciding whether he would return a phone call.

Daniel, a 60-year-old native of Tanzania, was first elected in 2011, but he left little footprint in Ottawa.

He was clearly referring to a Saudi offer that has garnered some controversy in Germany.

The offer to build the mosques for Syrian refugees in Germany has been described as Saudis offering a place to pray, not a place

Earlier in the campaign, when this issue first flared, one GTA Conservative candidate, speaking on background, told the Star that, if anything, criticism of Harper's approach was "hardening our vote."

In an interview with the Star's Tonda MacCharles, Conservative candidate Bal Gosal (Brampton-Centre), said supporters in his riding "don't want them. The majority of people don't want them (Syrian refugees)."

According to the Ottawa Citizen, star Conservative candidate Dianne Watts in Surrey



## URBAN ETIQUETTE ELLEN VANSTONE

**Two people in my office are having an affair. It's against the rules. Should I tell them I know?**

Dear Ellen,

I just found out two people in my office are having an affair, which is against the rules. I don't want to report it, but should I tell them I know?

Teri, Halifax

Dear Teri,

Could you be any more circumspect? Details! Details! And I don't mean salacious ones — it would be crass to pass along graphic descriptions of who's grinding whom up against the supply closet.

The NDP has promised to bring 10,000 refugees from Syria by the end of 2015 and to resettle 9,000 more every year until 2019.

The Liberal Rob Oliphant, a former MP seeking to regain a seat in neighbouring Don Valley West, is a United Church minister. His congregation has sponsored refugee families from Colombia and Afghanistan.

He said he wants Stephen Harper to repudiate Daniel because the Conservative leader has a candidate who is using a religious group to divide Canadians and is using women and children fleeing Syria to sow fear in this country.

There had been a sense in some quarters that the refugee announcement by Immigration Minister Chris Alexander may have helped Conservatives turn the corner on the refugee question. The pivot may have been viewed as cynical or a bid to inoculate Conservatives from wider criticism even if it is not threatening support among their base.

But comments like those from Daniel indicate this issue will linger. And legitimate questions will be raised as to how many Conservative candidates might be at least leaning in his direction.

South-White Rock (B.C.) retweeted a message implying the Islamic State had "orchestrated" the migration of Syrian refugees. The re-tweet has since been deleted.

Ottawa is speeding the process of getting 10,000 Syrian refugees to this country, but the Liberals have called for the welcoming of 25,000 at a cost of \$100 million.

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But comments like those from Daniel indicate this issue will linger. And legitimate questions will be raised as to how many Conservative candidates might be at least leaning in his direction.

**Tim Harper** is a national affairs writer. His column appears in the Toronto Star on Monday, Wednesday and Friday.

power to get favours from the manager. Other employees may assume the junior employee is getting special treatment and resent it.

Finally, if by "affair," you mean one or both the participants are married, then you do have a problem. Just knowing about it can make you feel implicated in lies, which isn't good for morale or the soul.

And yet, people fall in love, sometimes with people they shouldn't. You can't force nature, or human nature, to behave just because you said so. If you're dealing with two people who are truly in love, scrupulously respecting the hierarchy at the office and discreetly pursuing a relationship, that's nobody's business. Not so if you're being subjected to distasteful displays of workplace lust. As a general rule, try to stay out of either situation.

It's like dealing with disgusting items in the work fridge or disgusting messes in the company bathroom: You just gotta grit your teeth and accept it.



## PHILOSOPHER CAT by Jason Logan



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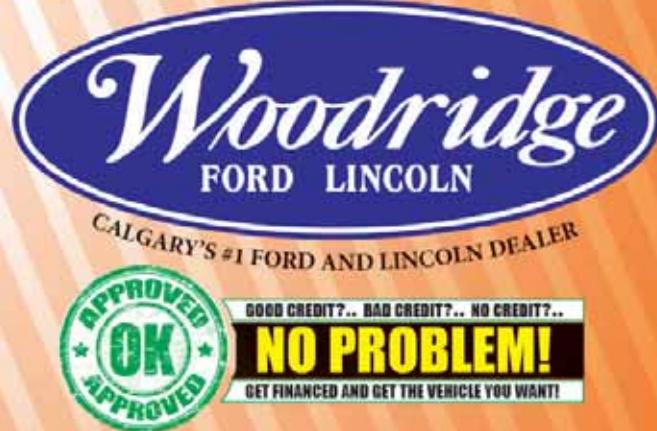
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# Everybody's done it like he did it

FOOD

**Drake is just one of many Canadian celebs getting in the eatery biz**

**Melissa Dunne**  
For Metro Canada

Beyoncé dropped a surprise album, now Drake has dropped a surprise restaurant.

The rapper reportedly rolled up in a Rolls-Royce to his star-studded party for Fring's in the heart of The Six Monday night. Details are scarce, but Fring's is said to be a collaboration with celebrity chef Susur Lee and his two sons, who are relatively new to the restaurant game.

Toronto's very own follows in the footsteps of several fellow Canadian entertainers who gotten into the brutally competitive food business over the years, with many getting burned in the process. But, hey, YOLO, right?



ALL PHOTOS: INSTAGRAM/GETTY IMAGES. ILLUSTRATION BY FERNANDO CICCOTOSTO

**Wayne Gretzky**

The Great One reportedly has a minority stake in a dining room, sports bar and rooftop patio steps away from the Rogers Centre called, um, Wayne Gretzky's Toronto. The restaurant doesn't have that many great reviews on Yelp. But, the main attraction isn't the food, or even the drinks, but the chance to be in a place owned by a hockey legend. Wayne Gretzky's is basically a shrine to No. 99, sell-



ing Gretzky-branded wine, tank tops, caps and even mugs. If the music money dries up, perhaps Drake should consider selling tees with an X through Meek Mill's face on them and The Six stickers at Fring's.

**Ryan Gosling**

Hey girl, did you know London, Ont.'s Ryan Gosling co-founded Tangine Beverly

Hills? The restaurant website, for some reason, has a closeup shot of a light bulb instead of one of Gosling's abs from that Emma Stone movie. The food at the "Moroccan hideaway in Beverly Hills" has gotten solid reviews, but over the years Yelpers have given Gosling bad reviews for not visiting the resto often enough for their taste. Likewise, Fring's customers are gonna want to see Aubrey Graham and his newly swole physique at his new King West spot like every day, every day.

**Céline Dion**

Charlemange, Que.'s, Céline Dion may be back performing in Las Vegas these days, but she hasn't forgotten La Belle Province. She co-founded the mercilessly mocked Nickels restaurant chain in the '90s. Dion has

since moved on. These days, the chanteuse and her husband are reportedly part of a group who now own the iconic Schwartz's Deli in Montreal. When the delicatessen started selling its famous smoked meat in supermarkets purists were très upset. Hopefully a diss track about Fring's specialties at your local Loblaws isn't in Drake's future.

**Ivan Reitman**

If you want some world-famous roast chicken who you gonna call? Ivan Reitman! That's because the Canadian-bred director and actor is part of a group who own Montecito. When the well-reviewed restaurant opened last year right before the Toronto International Film Festival last year, the owners didn't shy away from celebrating some of Reitman's greatest hits. There was even a baked Alaska on the menu in homage to the Stay Puft Marshmallow Man from Ghostbusters when the downtown restaurant opened. Perhaps the Lee boys can whip up a Started From the Bottom upside-down cake for Fring's, which coincidentally happens to be only about a block away from Montecito.



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# Sweet duo, sweet new recipes



Hi readers! We're Laura and Ceri and we're thrilled to be joining the team at Metro to bring you The Daily Meal. Creating healthy, simple recipes is something we've been doing for years on our site, Sweet Potato Chronicles, and in our own lives as parents of young kids and lovers of delicious food.

We're passionate about the benefits of real food made at home (health, savings, family bonding), but we're also acutely aware of how hard it can be to pull off (we're regularly wistful for the days of our youth when a bowl of cereal eaten over the sink could be dinner.)

To start this off right, let's talk pantries. In addition to having great, reliable go-to recipes, creating a smart, well-stocked pantry is key to being able to pull off home-cooked meals, even on the busiest nights. There's no need to reinvent the wheel every time you step in the kitchen. Here's how we do it.

## How to begin

We think of a pantry as being made up by your cupboards, freezer and fridge — anywhere you keep basics.

You don't need an enormous pantry to support your cooking efforts. You just need the one that works for you and what you like to eat.

The pantry of someone who likes to bake is going to look quite different from that of someone who loves soups and stews. Start, not by filling up your cupboards, but by purging them.

Get everything out of your cabinets then give every shelf, rack and drawer a good wipe down with warm, soapy water. Critters love pantries as much as we do, sadly, and regular cleaning is the only way to keep them out.

Toss things you're not using regularly. Are you really going to bake with that candy cane syrup you got last Christmas?

If not, happy trails.

## What You Need

**1. In the cupboard!** Oils and vinegars. You should have olive oil, a neutral oil, such as canola or grape seed, white vinegar (good for cleaning as well



LAURA

metroFOOD  
**NEW RECIPES**  
Daily

CERI



## GET ORGANIZED

Now that you've got the elements of your pantry together, you need to make it simple to use. Invest in an assortment of mason jars or other glass containers in large, medium and small sizes, and stickers for labelling. Taking ingredients out of their original boxes and bags and placing them into transparent containers makes it easier to see what you have and much easier to keep tidy and clean.



as eating) and a couple of flavoured versions for salad dressings, like balsamic and apple cider vinegar. Keep oils and vinegars close to your workspace but away from light and heat.

**2. Canned vegetables and beans.** A good selection of canned tomatoes, chickpeas,

kidney or black beans means you're already halfway to a home-made dinner.

**3. Dry ingredients.** Most households need all-purpose flour, but you may also want whole wheat or gluten-free alternatives. You'll want white and

**Laura and Ceri say a well-stocked pantry is something every home-cooking devotee needs to keep delicious food coming on the regular.** COPYRIGHT © 2013 MAYA VISNEYI PHOTOGRAPHY

brown sugar, baking powder and baking soda. Think about which starches you like and stock up on rice, couscous, oats and quinoa accordingly.

**4. Salt and pepper.** Keep small amounts (so they stay fresh) of these all-stars on your counter where you can reach for them constantly.

**5. In the fridge!** You'll want butter, milk, eggs and yogurt on hand most weeks, as well as basics like chicken or vegetable stock, Dijon mustard and mayonnaise. Onions, garlic and ginger will get many recipes started.

**6. In the freezer!** This is the often-forgotten hero of a rock-

solid pantry. Of course proteins like shrimp, ground turkey or beef are good to have in the freezer, but so are pizza dough, an extra loaf of bread, berries and veggies. Many nuts and seeds will last longer if they're kept in the freezer.

FOR MORE MEAL IDEAS, VISIT [SWEETPOTATOCHRONICLES.COM](http://SWEETPOTATOCHRONICLES.COM)

## ZESTY CHICKEN WITH RED BEANS AND RICE

# Ceri's favourite weekend family meal

This hearty dinner is great to make ahead.

**Prep time:** 5 minutes  
**Cook time:** 60 minutes  
**Serves:** 4

**Ingredients**

- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 15 oz can of kidney beans
- 1 19 oz can of tomatoes
- 3/4 cup chicken stock
- 1 cup frozen or fresh corn
- 1 cup brown rice
- Small handful of cleaned, chopped cilantro
- 1 or 2 limes, quartered

**Directions**

Preheat the oven to 350 degrees.

On a plate, toss together the flour, chili and salt and pepper. Dredge the chicken through the mixture.

In a large Dutch oven or oven-proof pot, heat up the olive oil to medium high.

Brown the chicken on both sides, don't worry about cooking the meat through. You may have to work in batches.

Place the browned chicken on a clean plate and put aside. Drain excess fat from the pot.

Turn the heat down a touch in your pot and add the garlic, allow it to soften up and become fragrant, but not brown.

Add your beans, tomatoes, stock corn and rice. Give everything a



**Few things are better than knowing this little baby is waiting in the freezer after a long day of work.** MAYA VISNYEI

stir and scrape up anything that is sticking to the bottom.

Break up the tomatoes with the back of a wooden spoon or you can use my favourite trick and gently use a

potato masher. Raise the heat again and bring the mixture to a boil.

Place the chicken pieces on top of your tomato-y mixture, cover with a lid, and place in the oven for 45

to 50 minutes. Pull out a couple of grains of rice to be sure they're cooked. Serve immediately with a sprinkling of cilantro and a squeeze of lime juice, or cool and place in the freezer to reheat later.

**QUICKMEAL**

**This delicious meal is ready in under 25 minutes.** MAYA VISNYEI

**SPINACH, SUN-DRIED TOMATO AND BASIL PENNE**

## Laura's weekday go-to recipe for quick supper

I love knowing that I can get this delicious flavour bomb on the table in under 25 minutes.

**Prep time:** 5 minutes  
**Cook time:** 15 minutes  
**Serves:** 4

**Ingredients**

- 500g penne pasta
- 3 cups baby spinach
- 1/4 cup diced sun-dried tomatoes (not packed in oil)
- 1/4 cup olive oil
- 1 large clove garlic
- 1/2 cup shaved Asiago cheese, plus 1 Tbsp
- 1 handful of basil leaves (about 20), chiffonade (rolled together and then cut into long strips)

**Directions**

Prepare pasta according to pack-

age directions in well-salted water. During the last minute of cooking time, drop the spinach and sun-dried tomatoes into the water.

Reserve 1 cup of cooking water then drain pasta.

Pour drained pasta and vegetables back into pot and then mix in olive oil.

Using a microplane, grate garlic into the pasta, add in the cheese, and stir.

Loosen up your sauce by adding a tablespoon of the reserved pasta water at a time until you reach your desired consistency.

Serve the dish with basil and Asiago sprinkled on top.

**SHOPPING LIST**

Here's what you'll need for the first week of Sweet Potato Chronicles' recipes, launching in Metro Monday:

**Avocado, Lettuce and Tomato Sandwich**

- 4 basil leaves, torn
- 1/2 avocado, pitted and mashed
- 1 tsp lemon juice
- 1 tomato
- 1/2 cup olive oil
- 1/2 head of Boston Bibb lettuce
- 4 pieces of multi grain bread, toasted
- Sea salt

**Kale Chicken Salad**

- 2 boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 1 small head of kale
- 1 cup blueberries
- 1 cup pecans, roughly chopped
- 1/2 cup crumbled goat cheese
- Dressing

**One Skillet Tomato Basil Chicken Pasta**

- Kosher salt and pepper
- 3 Tbsp extra virgin olive oil
- 1 lb boneless, skinless chicken breast
- 4 cloves of garlic, minced
- 1 28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved parmesan cheese, more for garnish
- 1 cup fresh basil leaves

**Halibut Tacos with Strawberry Salsa**

- Olive oil
- 1 pound halibut fillets
- 1/2 tsp salt, divided
- 1/4 tsp pepper
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp ground garlic
- 6 to 8 small corn tortillas
- 1 cup hulled and diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp fresh chopped cilantro
- 1 avocado, sliced for garnish

**Mushroom Barley Soup**

- 2 Tbsp olive oil
- 2 or 3 cloves of garlic, minced
- 1 onion, diced
- 2 medium carrots, peeled and diced
- 2 stalks of celery diced
- 1 lb of cremini mushrooms, brushed clean and sliced
- 2 Tbsp fresh thyme (less if using dried)
- 3/4 cup of pearl barley
- 5 cups of stock
- Salt and pepper to taste



# Southern influence a hit with foodie tastemakers

**Theresa Albert**  
For Metro Canada

A couple of key food trends emerged out of this weekend's Food and Wine show in Toronto: chicken and waffles are taking over the spot left by those bored of pulled pork and burger sliders, and artisan sodas are being used to elevate cocktails.

Blue Goose Pure Foods provides humanely raised chicken to grocers across the country. Their birds are cage, antibiotic and hormone free (by the way, all chicken is hormone free in Canada).

But it isn't such snooty food that it can't be breaded and fried and placed on a sweet waffle with a barbecue sauce drizzle.

This dish has the very same salty/sweet goopy but crispy decadence of its predecessor the pulled meat sandwich but offers a soft fluffy bed of something normally thought of as dessert or breakfast.



Artisan sodas are perfect for mixing cocktails. **TERESA ALBERT**

Every chef will have her version just like everyone's aunt in the American south has her own secret recipe.

With soda sales on the decline but our love of the stuff still strong (not to mention critical in a mixed drink worth its salt), it was only a matter of time before artisan pops started to spring up. Split tree Cocktail Co. is

one that stood out.

They insist that you stop putting "crappy mixes in with expensive spirits" and offer up handmade mixes in small batches with whole ingredients.

Their vanilla syrup makes a smooth accompaniment to any rum; rhubarb and grapefruit cordials will inspire your vodka; and a uniquely

bitter but bright tonic will add some love to your gin.

We are simply creatures of habit who love our childhood palate pleasures but now we want them to have a grown up-worthy pedigree.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food



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## LIQUID ASSETS

# Mandela lives on at family vineyard

**Peter Rockwell**  
For Metro Canada

When you're a roaming wine guy like me you get to meet some pretty cool folks.

There are winemakers, industry bigwigs, and, once in a while, I get to hang out with people that, while part of the wine industry, transcend it at the same time.

I got to meet two members of the latter over lunch while in Cape Town, South Africa last week.

Makaziwe and Tukwini Mandela (Nelson Mandela's daughter and granddaughter) are the women behind the wine from the House of Mandela.

Founded in 2010, the venture was given the thumbs-up by the South Afri-



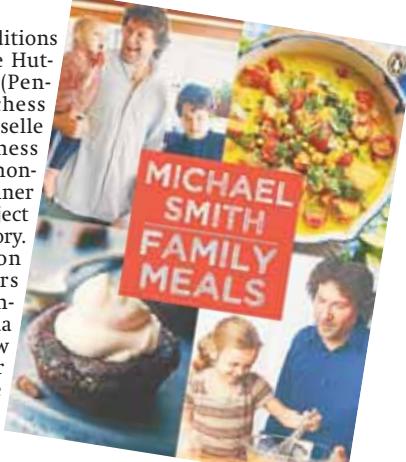
can icon before his death in 2013.

Wrapped in a colourful label inspired by Nelson Mandela's signature Madiba shirts, The Thembu Collection 2014 Sauvignon Blanc (\$11.29-\$14.99) is a fresh, ripe white showing classic varietal fruit making it a perfect mate with shellfish and pork.

Fair trade certified, a portion of its sales will go to South African charities.

Prices reflect the range across the country.

Some products may not be available in all provinces.



Family Meals won a Taste Canada award. **HANDOUT**

# Writing you can really sink your teeth into

## COOKING

### Authors from Tofino to P.E.I. awarded Taste Canada prizes

Culinary personality Michael Smith won a Taste Canada food writing award Monday for his eighth cookbook, Family Meals (Penguin Random House Canada).

The P.E.I. chef's 2014 book featuring 100 recipes was the winner in the general cookbooks category.

From the other side of the country, Vancouver Island chef Lisa Ahier and Andrew Morrison won for The SoBo Cookbook: Recipes from the Tofino Restaurant at the End of the Canadian Road (Appetite by Random House) in the regional/cultural category.

La récolte by Bernard Dubé (Bernard Dubé) won in the same category for French language books.

Mary-Ann Kirkby was recognized in the culinary narratives category for Secrets of a Hutterite Kitchen: Unveiling

the Rituals, Traditions and Food of the Hutterite Culture (Penguin), and Duchess Bake Shop by Giselle Courteau (Duchess Bake Shop, Edmonton) was the winner in the single-subject cookbooks category.

In recognition of food writers who publish online, Taste Canada handed out a new award this year to honour the best Canadian-authored independent food-related blog post.

Allison Day's Whole Roasted Cauliflower with Hazelnut, Orange and Saffron (Yummy Beet) won in English, while Christelle Tanielian was the recipient for the French blog post Pizza 3 minutes: saucisses italiennes, épinards, tomates cerises, coeurs d'artichauts et mozzarella (Christelle is Flabbergasting).

Winners were determined after reviewing 69

books and 27 blog entries.

This year's Hall of Fame Awards were handed out to Rose Murray, who has written more than 10 books on Canadian cuisine, Canadian Cook Book author Nellie Lyle Pattinson (1873-1953), and Ryerson teachers Helen Wattie (1911-2009) and Elinor Donaldson Whyte, who updated Pattinson's 1923 text.

THE CANADIAN PRESS

# When eating, think quality not quantity

## NUTRITION

## New trend says weight control is all about dining on whole foods

When Meghan Telpner was diagnosed with Crohn's disease six years ago, she turned her digestive health around, she says, by swapping processed foods for whole foods and liberating herself from the tyranny of counting calories. "If we avoid foods that went through a chemical lab or processing factory," she says, reiterating her message in *The Undiet Cookbook*, due out in October, "then the rest takes care of itself."

Telpner, now a holistic nutritionist, is part of a movement among nutrition-minded folks who view counting calories — on apps, in your head, via subtracting it from Fitbit stats — as a "broken model" for determining the health of a food.

And for maintaining a healthy body weight.

It's all because calories are not created equal, she says. The tiny units of energy in food — and what the body burns as fuel — behave differently depending on their source. A handful of gummy bears, for instance, may ring in at 200 calories just like a portion of avocado. But the candy will spike insulin, stress hormones and cravings, while the fibrous fruit, which digests gradually, will just make you feel full without the crazy hunger swings.

Not to mention, Telpner says, it's easier to overindulge in foods with added salt, sugar and fat, which are engineered with the perfect "mouth feel" or "crunch" and goad us to overeat.

That logic has "nuggets of truth," experts agree, because the less processed a food — an intact grain vs. milled flour; a beet vs. granulated sugar — the more difficult it is to digest, the longer its journey through the small intestine and therefore; the more satisfied and satisfied we'll feel after eating it.

But in the final analysis, they say, any differences in the digestion between foods of the same calorie count are tiny.

If you eat too much of anything — and that includes nutritious foods — you'll gain weight, says Nick Bellissimo.



**There is a growing movement among nutrition-minded folks who view counting calories — on apps, in your head, via subtracting it from Fitbit stats — as a "broken model" for determining the health of a food.** iSTOCK



associate professor of nutritional physiology at Ryerson's School of Nutrition. The laws of thermodynamics are immutable, he says, and weight change remains a matter of "simple math:" calories in vs. calories out.

So, like any diet — the low-fat craze, low-carb craze, Paleo, to name a few — this new anti-calorie-counting "fad" is no panacea.

Although, he says, it does have its merits. Counting calories becomes futile when people don't know how many they need in a day to maintain their weight — or shed some.

Read magazines, consume media and come across ubiqui-

**If we avoid foods that went through a chemical lab or processing factory, then the rest takes care of itself.**

Meghan Telpner, author of *The Undiet Cookbook*

tous numbers, telling men to consume 2,000 calories a day and women to eat about 1,200 calories a day. But they're based on the rudimentary — and incorrect — premise that men are bigger and burn more, Bellissimo says.

For one, he says, those estimates don't take into account activity level — exercising burns calories, and the more muscles you have the more calories you'll burn at rest — or other important factors such as psychology, hormones, sleep, stress, even the body's drive to defend some predetermined weight.

"It's a complicated mess," Bellissimo says, of why some people just can't lose weight

even when they cut down their intake. "And a lot of factors may actually be beyond anyone's conscious control."

It's the unknowns — emotions, habits — that can make "diets" impractical and unsuccessful, says registered dietitian Nanci Guest.

Plus, she says, there's no scientific evidence that a "whole foods" diet is better or worse than any other diet. Some have success eating high-protein, low-carbohydrate regimens; others swear by the opposite. "In the end, there's no difference," she says.

"It's just a matter of what works for you and sticking to that."

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# Empire unlocks Cookie's prison past

SEASON PREMIERE

**Actress Taraji P. Henson talks family drama in Season 2**

**Lisa Weidenfeld**  
Metro | New York

To say that Empire took the TV world by storm last winter would be an understatement. The musical soap opera quickly became one of the most popular shows in television, with fans everywhere obsessing over the next moves of each member of the duplicitous Lyon clan. But a large part of that interest was inspired by Taraji P. Henson's instantly epic performance as matriarch Cookie Lyon, who at the beginning of the show had recently been released from prison and was on the warpath to get the family company back in her name.

Cookie is behind a lot of the shifting loyalties of the family's drama, expertly playing each of her sons off of each



**Taraji P. Henson says she binge-watched *Orange Is the New Black* to prepare for Season 2 of *Empire*.** HANDOUT

other and conspiring against her ex Lucious (Terrence Howard), all while dressed impressively and striding into each room as if she owns the place. When asked if Cookie will be making her trademark big

entrances this year, Henson laughs and says, "That's what she does!"

It's a big part of the character's personality, and Henson admits, "When they first started that, I was like, look,

we can't have Cookie busting in every room all the time. But the way they write it is so clever, because that's how she is. That's what she would do."

Fans will generally see much the same Cookie they fell in

love with in Season 1, as Henson promises "not many changes" to her. Instead, the show will be "delving more into the 17 years she was locked away from her family. That says a lot about her."

And like any TV fan, Henson went to a popular source to learn about prison life. "I've been binge-watching *Orange Is the New Black*. I'm almost done with the second season. It just made me think, that's an important part of her life. We need to know, how did it change her? How did she go in? What did it do to her coming out?"

But that drama may have to share time in her life with her ongoing split with middle son Jamal (Jussie Smollett). While the two started out as the closest pair in the family, by the end of the season, they were at odds and not speaking. And Henson says that's not likely to change, despite how popular the two are. "That's going to kill you. I will say this. You're not going to like that part."

Cookie finds herself in enemy territory in Season 2, as she's recently formed an alliance with Lucious' other ex, Boo Boo Kitty. Asked whether the two will set aside their differences, Henson just laughs knowingly and says, "You'll have to watch that."

**Empire** Season 2 premieres Wednesday at 8 p.m. on City.

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ties, like a daily scheduled walk in the park or by the river."

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participating in such activities.

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Twenty castaways have been voted back by fans to compete for their second shot. The special 90-minute season premiere airs tonight. CONTRIBUTED/ALL OTHER PHOTOS GETTY IMAGES

## Long running host has got what it takes

REALITY TV

### King of the jungle: Probst is the real last man standing

Despite being the granddaddy of reality television shows that paved the way for the onslaught of non-scripted programming we have today, Survivor gets surprisingly little respect.

Yet as it enters its 31st season — no, you're not that old, there are two shows per year since it started in 2000 — it remains steadfast and popular. A regular Top 10 show in Canada, people are watching even if the Emmy voters are not, apparently. The new season starts Wednesday on Global at 8 p.m. ET/PT.

The concept is simple. Leave a bunch of folk of differing ages and backgrounds on an island. See who can outlast and outplay to win a million dollars. The Lord of the Flies drama is elemental.

Returning host Jeff Probst is not afraid to call out or fully con-

front contestants if he feels they are out of line, making him the conscience of the show and the DNA of a very particular brand with a loyal following.

"I'm a fan, too. I just happen to be in the role of a moderator," Probst said. "It gives you great leeway to ask difficult questions. Questions that any fan would ask. So why wouldn't you?"

The new season, shot in Cambodia, is about second chances. It takes 20 former players back into the game.

"So much has happened to them, and they are also in a country that is undergoing something of a rebirth and a second chance, so the symbolism is undeniable," says Probst. "The local people are trying to rebuild the country. You could feel it in the spirit of the island and the

local crew we hired. And on the other hand you have the contestants who are playing the game of Survivor."

Probst said having experienced, motivated players meant that it was a much more "sophisticated" game than in the past.

"When you have people wait ... the motivation is so focused," says Probst. "They've been thinking about this game for maybe a decade. And they know why they're back. It changed the whole game and you can tell this from episode one."

Despite his enduring presence today, Probst said it took a while for him to find his role.

"I think early on CBS was looking for maybe a more traditional host and it was five years before they allowed me to have a voice," says Probst. "But a lot of that really came from (creator) Mark Burnett."

"It's crazy to think that he would be that trusting. But it all worked out. This job is a gift."

TORSTAR NEWS SERVICE

### GOSSIP BRIEFS

#### Snoop uniting stoners online

Snoop Dogg's love for weed is no secret, and the rapper is channeling that passion into the launch of Merry Jane — a tech platform that centers on cannabis — which he announced this week at TechCrunch Disrupt in San Francisco.

Snoop Dogg launched the

site with a limited amount of beta tester invites, according to TechCrunch.

"There are so many people in the closet, and we are giving them an opportunity to come out of the closet and just admit they like to smoke," the rapper says.

"I'm a smoker, my name is Snoop Dogg, and I'm a stoner." Shock. CRISTABELLE TUMOLA/METRO NEW YORK



### LAWSUIT

## Penn seeking \$10M in defamation suit

Sean Penn really doesn't like Empire creator Lee Daniels suggesting he's abusive to women. In an interview, Daniels compared Penn to the show's star, Terrence Howard, claiming both have a history of being abusive toward women.

"(Terrence) ain't done nothing different than Marlon Brando or Sean Penn, and all of a sudden he's some f—ing demon," Daniels told The Hollywood Reporter in reference to Howard's recent legal troubles. "That's a sign of the time, of race, of where we are right now in America."

Penn has hired former federal prosecutor Mathew Rosengart to file a \$10-million defamation suit. "As a result of Penn's status as a public figure, he has for years been the subject of scandalous, scurrilous and baseless attacks," the filing reads. "But Penn, like any citizen, has a right to defend himself and will

no longer tolerate the reckless and malicious behavior of others who seek to aggrandize themselves or their projects at his expense. Accordingly, and because of Daniels' defamatory statements, Penn brings this action for monetary relief, and to deter Daniels and others from their defamatory actions.

"Daniels falsely equates Penn with Howard, even though, while he has certainly had several brushes with the law, Penn (unlike Howard) has never been arrested, much less convicted, for domestic violence, as his ex-wives (including Madonna) would confirm and attest," the complaint states. "Sean is dismayed at the gratuitous attacks and statements that have been made over the years at his expense and he wants to take a stand and correct the record," Rosengart told Deadline. NED EHRBAR/METRO HOLLYWOOD

### BREAKUP

## Jones and Forte split

Last Man on Earth star Will Forte and Mad Men star January Jones have reportedly broken up after five months of dating, according to Us Weekly.

And while they were both at the Emmys Sunday, the split supposedly happened last month. Apparently there were no awkward run-ins at the ceremony or after-parties.

As for why they couldn't make it work, it's less to do with bridging the comedy and drama divide. A source spills that single mom Jones has been telling friends, "Relationships are a pain in the ass."

Awkward finding out a couple dated by hearing a bout the their breakup. NED EHRBAR/METRO HOLLYWOOD



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# It's time to grow up, family guy



## THE CHECKLIST | 2015 HONDA ODYSSEY

### THE BASICS

**Type.** Five-door minivan  
**Power.** 248-hp, 3.5-litre V6  
**Transmissions.** 6-speed automatic  
**Price.** Base \$30,250 (plus destination)

### NOTABLE FEATURES

- HondaVac in-vehicle vacuum helps keep vehicle tidy
- Two infotainment screens means one function doesn't have to be closed to navigate another
- Honda LaneWatch uses camera on passenger door mirror to expand view of roadways
- Seating for eight, in relative comfort



MIKE GOETZ/FOR METRO

### POINTS

- Current generation model introduced in 2011, with a major facelift in 2014
- Since 2014, hood, front fenders, and front suspension built of aluminum
- Strong seller in a declining minivan market

### MARKET POSITION

- Mainstream minivan for families deep in their minivan years
- Premium and powerful V6 engine, with fuel-saving cylinder de-activation technology
- Styled to look, as much as possible, unlike a minivan

### THE COMPETITION



**Chrysler Town & Country**  
 Base price: \$44,195



**Kia Sedona**  
 Base price: \$27,695



**Ford Transit Connect Wagon**  
 Base price: \$27,579

the cabin. This allows you to fool around with navigation, for example, while still displaying your stereo information, but it's not anywhere near driver-interface nirvana. The system is not quite intuitive, and there is some lag while you figure out which screen to consult and use, but we're pretty sure that over time familiarity will make it completely OK.

The middle seat in the second row allows for seating up to eight, and when it's not used it can slide a bit, to give rear passengers a bit more elbowroom.

I found the second-row captain chairs came out easily, but went back in less easily. If you often need your minivan for its full "devoid of seats" cargo area, a Chrysler minivan with the Stow 'n Go feature would be the way to go.

But the Odyssey really shines behind those second-row seats. The last row can seat three in relative comfort, and disappears easily and brilliantly to create a huge rear cargo area.

Odyssey is available with forward collision warning and lane departure warning systems, but the safety feature you'll probably get more use of is Honda LaneWatch, which uses a camera mounted on the passenger side mirror to throw an expanded view of that side of the roadway onto the information display.

Other features families will surely appreciate are the temperature controls for all three seating areas and an available rear DVD entertainment system.

It's the full family package, when you're ready to man/woman up.

### REVIEW

## Honda Odyssey a comfy choice for getting the group around

**Mike Goetz**  
 For Metro Canada

There is something honourable and right about abandoning all pretence of your pre-child rearing years, and just rolling with the soccer tournament years. Live in the moment, as they say, and embrace the Pixar flicks, Happy Meals, and temper tantrums at Walmart. And nothing says you're "all in" like the minivan.

If you're ready, the minivan you should seriously consider is the Honda Odyssey. The Odyssey was not the first modern minivan — that's Chrysler's claim to fame. But the Honda version has been developed and tweaked through the years to become a long-standing Canadian favourite, with an undeniable blend of attributes for the money.

This minivan has good bones, with Honda's exemplary 3.5-litre V6 hooked up to a six-speed automatic transmission, and a multi-link rear suspension (not usually found on minivans), which contributes to it being one of the better handling and driving minivans you can buy. It's not in sports car territory, but it hides its weight and bulk well through almost all driving manoeuvres.

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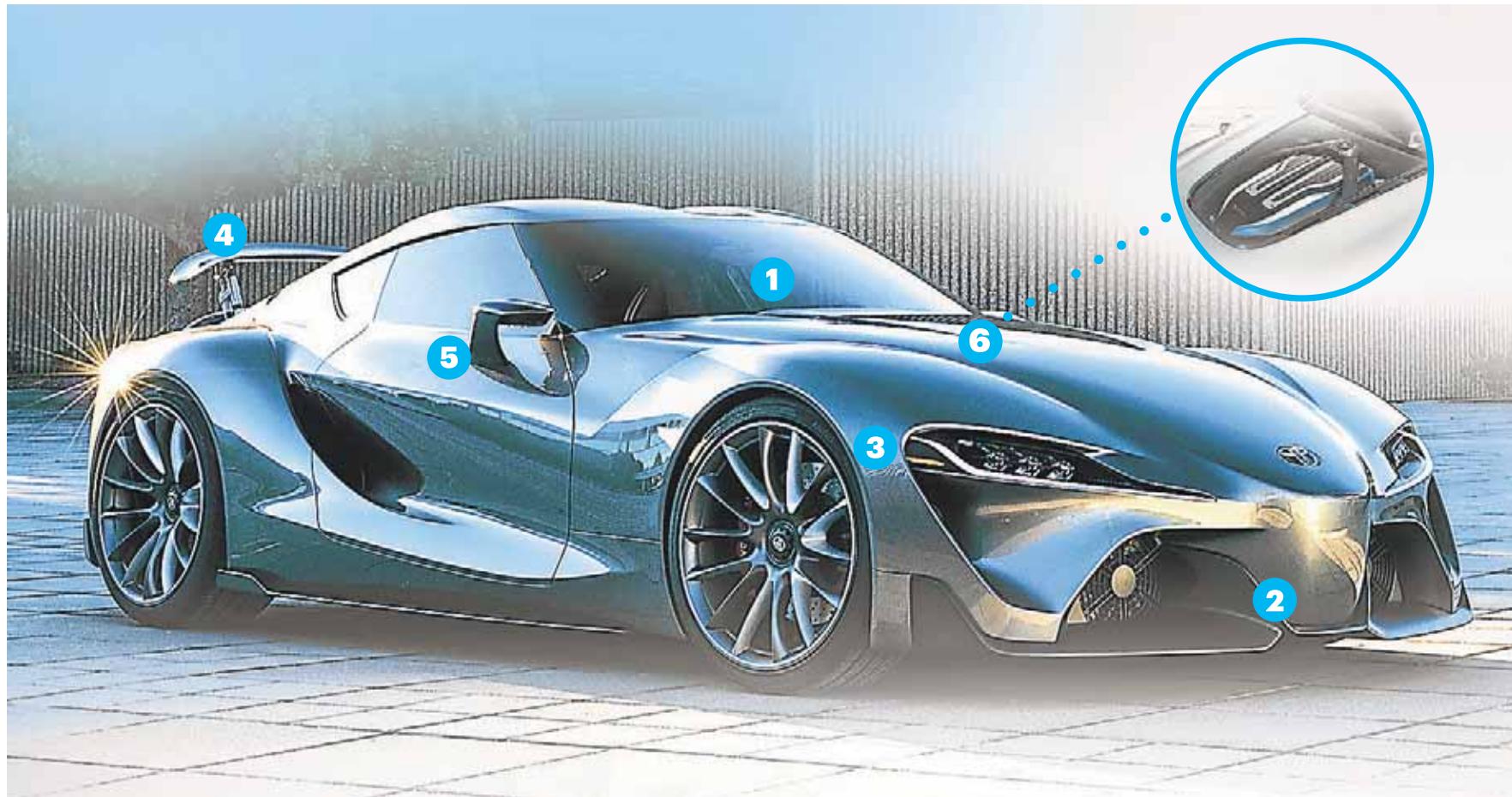
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# Toyota FT-1 concept

The FT-1 ("Future Toyota Number One") concept came about as a challenge from company president Akio Toyoda to build a car that's actually exciting, a car not watered down by committees. Interestingly, the FT-1 was built on a computer to be driven within the Gran Turismo 6 video game. Then this concept was built, which will possibly go into production as the Supra. **JEFF MELNYCHUK** WHEELBASE MEDIA



## THE RUNDOWN

### 1 Weighty matters

Long-nose, short-tail design pushes the engine and cabin back to balance out the weight.

### 2 FT-1 an F1 fan

The pointy nose and lower air dam pay homage to Formula One

race cars. Designed by Toyota's California design studio, Calty.

### 3 Layout

Front-engine, rear-wheel drive.

### 4 A lift

Wing raises at speed, just like

with the Lexus LFA.

### 5 Design

Mirrors are only attached at the door.

### 6 Clear view

See-through hood somehow looks elegant and not junky.

## Interior

- The latest iteration of the FT-1, brought out late in 2014, shows an upscale interior dressed in saddle leather, graphite colours and raw metal.
- Absence of a clutch pedal implies only an automatic transmission.



## STAY TUNED

As a concept, there are no details on powertrain, features or price, although the FT-1/Supra will likely be a rear-wheel-drive hybrid.



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# The ins and outs of a transmission

## DRIVING FORCE

## Best automatic transmission is one the driver doesn't notice

**Jill McIntosh**  
For Metro Canada

Whenever you put your vehicle in gear, you're engaging a vital link between its engine and its wheels. Whether you have a stick shift or an automatic, you're not going anywhere without a transmission.

"The transmission transfers and multiplies the torque from the engine to the driving wheels," says Jeff Lux, vice-president for powertrain transmission at Fiat Chrysler Automobiles. "If we only had a shaft between the engine and the wheels, you could only go so fast because the engine has a limit."

Engines make their power when internal pistons move up and down to turn a central crankshaft. Coupled to the transmission, the crankshaft's spinning motion even-

tually turns the wheels. That motion is measured in revolutions per minute, or r.p.m., the number indicated on the tachometer in the instrument cluster. The crankshaft spins faster on acceleration, while the transmission's lower gears transmit maximum power to get the vehicle moving. On the highway, the transmission's higher gears maintain the vehicle's speed while the crankshaft slows down, which improves fuel economy.

As you slow down or speed up, an automatic transmis-

sion selects the best gear to keep the engine at its optimum r.p.m. With a standard transmission, the driver has to pay attention to clues, including the tachometer and the engine's sound, and shift to the appropriate gear.

Putting the transmission in Neutral disconnects it from the engine, so that even though the engine is running, no power is being sent to the

wheels. The Park position on an automatic actuates a mechanism that locks the park gear and prevents the vehicle from moving.

While some automatic transmissions had only three speeds right into the 1990s, six-speed units are now among the most common, while some of Chrysler's have eight or nine speeds.

While a transmission with

more gears also tends to shift more often, the engine's speed doesn't rise or fall as dramatically during the gear changes, so the process can feel smoother to the driver.

One drawback is that, on an incline, a transmission with numerous gears may shift too much as it tries to keep the engine in its sweet spot, commonly called "gear hunting." Engineers have to

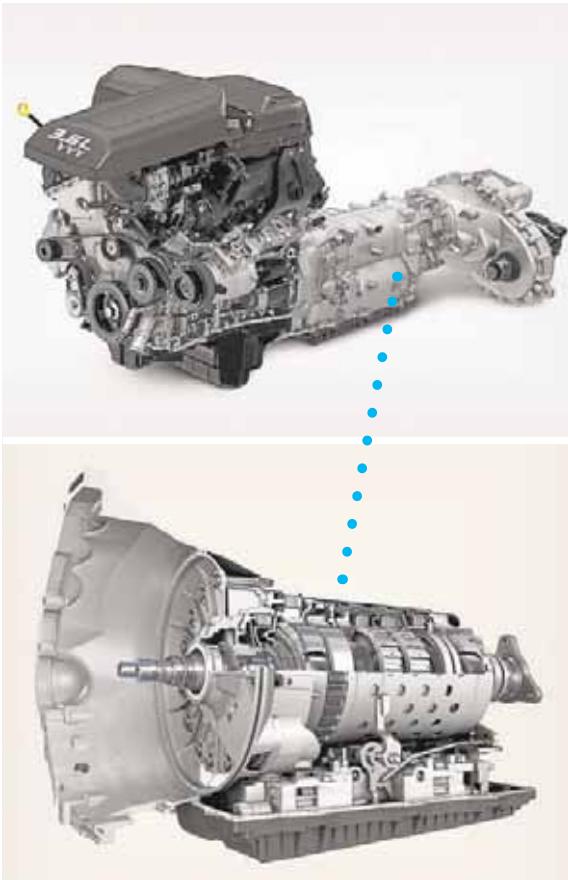
program the transmission's software to try to avoid the problem.

The best automatic transmission, Lux says, is one that's designed so the driver hardly notices what it's doing.

"When it's shifting, people want the transmission to work and forget about it," he says. "It's like when your refrigerator is cold and you don't think about it twice."

### GEARS, ETC.

- Continuously variable transmissions, or CVTs, are automatics that use pulleys and belts instead of gears.
- Automatic transmissions contain oil and filters that should be periodically changed to help ensure a longer lifespan.
- Manual transmissions have gears that slide when the shifter is moved, while automatics use gear sets that turn inside the transmission.



Top: A V6 engine attached to an eight-speed automatic transmission. Bottom: The inside of Chrysler's eight-speed automatic transmission. PHOTOS COURTESY FCA

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# New car shopping tips

You're doing it. You're buying a new car. One with a big fat "0" on the odometer. There's no one-size-fits-all answer on how to do it, but bearing a few simple tips in mind can help reduce stress and confusion for first-time new car buyers. Here's a closer look. **JUSTIN PRITCHARD**

JUSTIN PRITCHARD/FOR METRO



## 1 GET FOCUSED

Don't be this shopper: "I want a hatchback. I want to spend \$15,000. I like the grille on this car. Should I get a pickup? I want to spend \$27,000. I don't like hatchbacks. What about a sports car?"

Knowing what you need and want is a great way to ensure you wind up with a ride that delivers just that, so shop with focus on the type of vehicle you're after, the sort of features you need, the traits important to you, and a few key competitors to test-drive against one another. Do your research to avoid frustration and wasting time.

## 2 DON'T RUSH

Deciding to buy a car on your lunch break, or on a Saturday afternoon, could result in your buying a car you don't love.

Plan ahead, take your time, and only visit dealer for a test-drive when you've got time to do it properly. A test-drive should take half an hour or more, and you may want to test-drive a model more than once. Schedule car-shopping endeavours into your calendar so you can browse, drive and research when you're not rushed.

## 3 PRIORITY

Make a solid, stick-to-it list of features and attributes your new ride needs to have. What's important to you? All-wheel drive? A gigantic cargo area? Heated seats? A long powertrain warranty?

Write down your price limit, as well as your priority features and attributes, to help you stay on course. Go over your list with sales representatives you meet to ensure you're test-driving a model that hits as many marks as possible.

This list is important: Bring it with you, and insist on seeing a model that delivers on the listed items.

## 4 GET DRIVING

Start with a full check of how you mesh with the vehicle's cabin, systems and functions before you set off. Try the navigation. Pair your phone via Bluetooth. Fold down the rear seats and see if there's enough room for your favourite ladder. The test-drive is fun and informative, but there's more to it than just the driving.

Bring a friend or family member along for the ride, as an extra set of eyes can help pick out things you may not notice.

## 5 SEAL THE DEAL

Remember that after-sale add-ons usually don't need to be purchased right when you buy, and they're typically designed to grab a few more bucks out of the shopper's already-open wallet. Take information home with you, do some research, and head back to the dealer to purchase any add-ons you determine are worthwhile.

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**THE GREEN ANGLE**  
Metro's weekly picks for the latest in environmental news

TEXT AND IMAGES BY WHEELBASE MEDIA

**FUEL ECONOMY**

**Aluminum costlier to fix?  
Not so, Ford says**

The Insurance Institute for Highway Safety says tests it performed found that repairing body damage on the largely aluminum 2015 Ford F-150 pickup took longer and cost 26 per cent more than for the all-steel 2014 model. Ford said it disagrees with the insurance industry lobby group's conclusions and has been fighting a perception that it costs more to own a vehicle made largely of aluminum since before it started to roll out the 2015 model, weighing about 700 pounds less than its 2014 sibling. The idea of going with aluminum is to save weight to aid fuel economy.



**SOLAR CHARGERS**  
**On the ARC bandwagon**

The California Department of Transportation is buying 11 portable EV ARC (Autonomous Renewable Charger) solar-powered electric-vehicle chargers from Envision Solar of San Diego for almost \$750,000 US. In July, Envision Solar received a one-year contract, with two one-year extensions, to supply state and local offices and departments with its moveable solar chargers.

**HOW IT WORKS**

Each solar charger fits inside a regular vehicle parking space and generates enough solar energy each day to power 240 kilometres of EV driving. The system maximizes its exposure to the sun through a tracking system that enables the solar-panel array to follow the sun, generating 18 to 25 per cent more electricity than a fixed unit. Built-in batteries store the free energy, allowing electric vehicles to recharge during the day or night.

# Ford disputes aluminum naysayers

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## REDESIGN

**A sportier, 'delightful' Corolla**

It might not be all-out charming, but the redesigned 2015 Toyota Corolla compact is now more than a penny-pinching, trouble-free economy sedan, reports web mag The Car Connection. It is "engaging and interesting in a way the previous-generation Corolla missed." Its no-frills demeanour changed a couple of years ago when Toyota added more technology and flair, vaulting it beyond its reputation "as the blandest of the compact sedan bunch." It now sports the sharper, sportier looks, quieter cabin and in-car technology "that today's small car shoppers expect," and, more than competent, is "actually delightful" at times.

TEXT AND IMAGES BY WHEELBASE MEDIA



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Savings also available on remaining 2015 Honda models.

## + TRENDS AND TRANSPORT

**Better economic times slow fleet age rate**

The average age of cars on United States roads reached an all-time high of 11.4 years at the end of 2012, and that record held through the end of 2013. Despite reaching the new high, the rate of increase is beginning to return to "normal," reports industry trade journal Automotive News.

The average fleet age is beginning to plateau "as consumers have recovered from the great recession and have begun buying new vehicles again," said IHS Automotive analyst Mark Seng.

The automotive data house forecasts that the average age of vehicles will hit 11.6 years in 2016, but will not reach 11.7 years until 2018. "Vehicle

quality is getting better, and that's driving a longer length of ownership," said Seng.

**Toyota, Hino put fuel-cell bus to the test in Tokyo**

Toyota and Hino Motors have begun testing a jointly developed hydrogen-fuel-cell bus in Japan's capital city.

The test, taking place in the central and waterfront areas of Tokyo, is designed to help evaluate and improve the technology ahead of a possible market launch.

Alternative fuel usually makes the most sense for large vehicles that spend most of their time in stop-and-go traffic in urban areas where pollution is a concern and consumption/emissions are higher.



The hydrogen-fuel-cell bus.

## HOME SERVICE

**EV touted as gas-station freedom**

British drivers are being urged to reconsider their approach to vehicle ownership and buy a plug-in electric car. Electric vehicle campaigner Go Ultra Low is leading the charge, pointing out that EV drivers might never have to visit a gas station ever again. "Why should

motorists have to go out of their way, regularly spending time at petrol stations, when it is easy to 'refuel' from the comfort of their own home, simply by plugging in an electric car?" asked Go Ultra Low president Hetal Shah. He said 90 per cent of all EV charging already takes place at home, and new infrastructure is constantly coming into use.



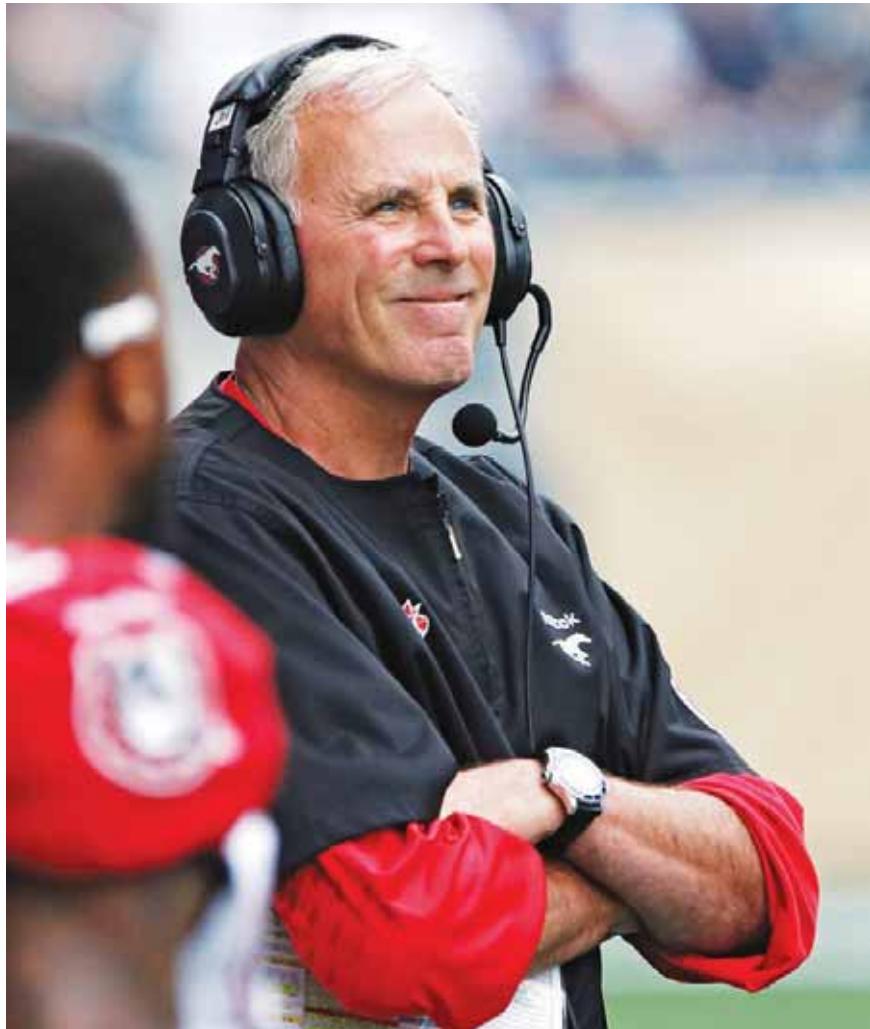




# metro SPORTS

Former No. 1 draft pick Anthony Bennett and the Timberwolves have agreed on a contract buyout, according to reports

## Huf's team critique televised



Calgary Stampeders head coach John Hufnagel. JOHN WOODS/THE CANADIAN PRESS

CFL

### Coach lays into Stamps after near-comeback by B.C. Lions

Calgary Stampeders head coach John Hufnagel would have preferred his locker-room comments not be on television for all to hear after last week's win over the B.C. Lions.

His message to his football team was their execution wasn't nearly good enough to win another Grey Cup.

Hufnagel was heard opening with "I don't want to rain on your party. You've got to be better than that" and ending with "this type of performance ain't getting it done" after a 35-23 victory over the Lions.

Although Hufnagel also praised his team for the win, his closing remark was a buzzkill.

"I wish it was something that wasn't televised," Hufnagel said Tuesday after practice at McMahon. "I did congratulate them on winning the game first. The TV didn't come in

**I did congratulate them on winning the game first. The TV didn't come in until I was halfway through.**

John Hufnagel

until I was halfway through.

"We didn't play to the level that you need to win big football games. I wanted them to understand we can't play bad football and expect to be a championship football team."

Calgary takes their league-leading 9-3 record into Winnipeg on Friday against the Blue Bombers (4-8). The Stampeders can get to double-digit wins for the eighth straight year since Hufnagel took over as head coach and general manager.

The plan is for Hufnagel to step aside as head coach after this season to make way for offensive co-ordinator Dave Dickenson in 2016. Hufnagel will continue on as GM in the final year of his contract.

But before that transition occurs, the Stampeders are still in their team and the 64-year-old wants them to defend their Grey Cup title.

The Montreal Alouettes (2009-10) and the Toronto Argonauts (1996-97) are the only two teams to win back-to-back CFL championships in the last 31 years.

With the regular season down to its final third, Hufnagel believes his team should be peaking towards a return to the Grey Cup game Nov. 29 in Winnipeg.

He considers it backsiding to give up two 103-yard returns for touchdowns and to allow Lions third-string quarterback Jonathan Jennings the chance in the fourth quarter to pull off an upset.

"The players know how much I appreciate them playing winning football," Hufnagel said. "They also understand the little things that makes the difference between winning and losing. We survived the other night. I just want us to make sure we try not to put ourselves in that position again."

THE CANADIAN PRESS

### LICKING HIS WOUNDS

#### **Collaros QBing from chair**

Hamilton Tiger-Cats starting quarterback Zach Collaros met with reporters Tuesday, a day after Hamilton announced its star quarterback suffered a season-ending knee injury in Saturday's

25-18 home loss to the Edmonton Eskimos. An MRI revealed Collaros tore the anterior cruciate ligament in his right knee and will require surgery next month once swelling in the joint subsides.

"I've told (offensive co-ordinator) Tommy (Condell) I've been drawing up plays already," a jovial Collaros said. "I think he's going to let me call plays for this (Oct. 2 home game versus Calgary)."

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# Yankees' Bird flies higher than Blue Jays

MLB

**New York first baseman hits homer in 10th to tie series**

Greg Bird hit a three-run homer in the 10th inning to power the New York Yankees to a 6-4 win over the Toronto Blue Jays on Tuesday night at Rogers Centre.

With Brian McCann and Slade Heathcott aboard, Bird lined a 2-2 pitch from reliever Mark Lowe over the wall in right field for his 10th homer of the season.

Andrew Miller (3-2), who blew a save opportunity in the ninth, gave up a solo homer to Edwin Encarnacion in the 10th before completing the victory.

With the win, New York (83-67) moved to within 2-1/2 games of first-place Toronto in the American League East division race. The teams will play the rubber game in the three-game set Wednesday night.

New York has 12 games left to play in the regular season, one more than the Blue Jays.

The sellout crowd of 47,992 got its money's worth with a rollicking back-and-forth affair that had a playoff atmosphere.

Carlos Beltran gave New York a 3-2 lead with a solo shot in the eighth inning but Diner Navarro answered with a solo homer of his own an inning later. The Blue Jays loaded the bases before Miller struck out Josh Donaldson to force extra innings. Jacoby Ellsbury led off the game with a double and scored when McCann drove a pitch off the wall for a long single. Alex Rodriguez, who reached on a walk, made it 2-0 after a sacrifice fly by Beltran.

The Yankees put two more



Blue Jays' Justin Smoak is caught trying to stretch an RBI single into a double but is tagged out at second base by Didi Gregorius of the Yankees in the fourth inning. TIM SZCZERBOWSKI/GETTY IMAGES

**TUESDAY** In Toronto

**6**  
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BLUE JAYS

runners in scoring position before Blue Jays starter Marco Estrada escaped by striking out Chase Headley.

Kevin Pillar put Toronto on the board in the third inning with a solo shot off New York starter Luis Severino. He belted a 2-2 pitch into the second deck for his 11th homer of the year.

Donaldson worked a leadoff walk in the fourth inning, moved to second base on a wild pitch and scored on a single by Justin

Smoak. Estrada, meanwhile, settled down after his rocky start. He retired 11 batters in row before issuing a four-pitch walk to Dustin Ackley with one out in the seventh.

Didi Gregorius followed by driving a pitch into right field and Ackley tested Jose Bautista's arm by going for third base. The throw was high but Donaldson made nice play to catch the ball, twist backwards and apply the tag. Ackley was called safe by third-base umpire Greg Gibson but Blue Jays manager John Gibbons challenged the call and it was overturned.

Estrada intentionally walked Ellsbury and was relieved by Aaron Loup. The left-hander allowed an infield single to Brett

Gardner to load the bases before Liam Hendriks fanned Rodriguez on three pitches.

Toronto loaded the bases with two outs in the eighth inning but Dellin Betances got Encarnacion to wave at a third strike.

New York nearly padded its lead in the ninth but Bautista showed off his arm again by throwing out Chris Young at home plate. Rodriguez flew out to end the threat.

Estrada allowed six hits and two earned runs over 6-2/3 innings. He allowed three walks and had three strikeouts. Severino worked six innings and allowed three hits, two earned runs, three walks and struck out three batters. Lowe shouldered the loss to fall to 1-3. The game took three hours 39 minutes to play. THE CANADIAN PRESS

CFL

## Collaros not about to abandon Ticats



**I couldn't go home and sit around.**

Zach Collaros

surgery next month.

"I've told Tommy I've been drawing up plays already," a jovial Collaros said. "I think he's going to let me call plays for this (Oct. 2 home game versus Calgary)." THE CANADIAN PRESS

NFL

## Cassel trade gives Cowboys insurance



Quarterback Matt Cassel

BILL WIPPERT/THE ASSOCIATED PRESS

Matt Cassel is headed to Dallas in a trade as the Cowboys try to bolster their depth at quarterback while Tony Romo is sidelined at least seven games because of a broken left collarbone.

The Cowboys acquired Cassel from Buffalo on Tuesday, sending a fifth-round pick in 2017 to the Bills.

Though Cassel has far more experience, Brandon Weeden is expected to start Sunday at home against Arizona.

THE ASSOCIATED PRESS

BUNDESLIGA

## Lewandowski hits 5 goals in 9 minutes

Substitute Robert Lewandowski scored five goals in the space of nine minutes as Bayern Munich came from behind to rout Wolfsburg 5-1 and move top of the Bundesliga on Tuesday.

Daniel Caligiuri fired the visitors ahead in the 27th, leaving Bayern 1-0 down at the break for the third time in six games this season.

But Lewandowski came on for the second half and equalized in the 51st, put Bayern ahead a minute later, and completed his hat trick three minutes after that, when he hit the post, then the goalkeeper and kept going till he scored.

Still he wasn't done.

The Poland striker scored again in the 57th and claimed another three minutes after



Munich's Robert Lewandowski

CHRISTOF STACHE/AFP PHOTO

that, when he met Mario Goetze's cross with a spectacular scissor kick into the top corner.

THE ASSOCIATED PRESS

LIGUE 1

## Ibrahimovic helps PSG extend lead

Paris Saint-Germain stars Zlatan Ibrahimovic and Angel Di Maria scored their first league goals this season as Paris Saint-Germain provisionally moved four points clear at the top of the French league with a 3-0 win over Guingamp on Tuesday.

After Javier Pastore put the hosts ahead with a neat finish in the 18th minute, Di Maria opened his account in the 76th as he took advantage of a mistake from goalkeeper Jonas Lossl to score from the rebound. Di Maria, who joined from Manchester United this summer, found the net from close range after Lossl failed to clear Ibrahimovic's powerful shot.

Ibrahimovic, who had been criticized for his lack of impact in PSG's previous matches, redoubled his efforts throughout the evening at the Parc des Princes. He was rewarded with a goal seven minutes from

109

**In the final year of his contract, Zlatan Ibrahimovic is targeting PSG's club scoring record held by former Portugal striker Pedro Pauleta, who netted 109 in 211 games from 2003-08.**

THE ASSOCIATED PRESS

time — his 107th with PSG since joining in 2012 — scoring with a simple toe-poke from Di Maria's assist.

Ibrahimovic missed the chance to add more lustre to the win when Lossl dived to stop his penalty after Younousse Sankhare was booked for a foul on Edinson Cavani in the box in the 87th minute. But the miss didn't distract from his man-of-the-match performance.

THE ASSOCIATED PRESS

### IN BRIEF

#### Griezmann double puts Atletico top of La Liga

Atletico Madrid forward Antoine Griezmann struck two goals for a 2-0 win against crosstown rival Getafe on Tuesday, helping his side take the overnight lead of the Spanish league.

The Cowboys acquired Cassel from Buffalo on Tuesday, sending a fifth-round pick in 2017 to the Bills.

THE ASSOCIATED PRESS

#### Balotelli ends goal drought as AC Milan edge Udinese

Mario Balotelli snapped a scoring slump with a beautiful free kick and AC Milan held on for a 3-2 win over Udinese in Serie A on Tuesday.

Starting for the first time since rejoining Milan on loan after a dismal season at Liverpool, Balotelli curled the ball into the top corner after five minutes and let out a rare celebratory smile.

THE ASSOCIATED PRESS

## RECIPE Five-Minute No-Bake Granola Bars



This is Gena Hamshaw's most popular recipe from her Food52 Vegan cookbook. It's easy and adaptable. Be warned: These are very soft, not baked and crisp, so may crumble depending on your ingredients (brown rice syrup seems to bind better than agave). Just cut them smaller if they do.

**Yield: 10 large bars or 20 small squares.**

### Ingredients

- 2-1/2 cups large-flake oats or quick oats
- 1 cup pepitas (raw green pumpkin seeds)
- 1/2 cup raisins
- 2/3 cup almond butter or peanut butter
- 1/2 cup agave nectar or brown rice syrup, plus more as needed
- Pinch fine sea salt (optional depending on nut butter)

### Directions

1. Line an 8-inch square pan with parchment, foil or plastic wrap with enough to cover and hang over sides for easy lifting.
2. In large bowl, stir together oats, pepitas and raisins.
3. In medium bowl, stir together almond or peanut butter, 1/2 cup agave or brown rice syrup and salt if desired. Add to oat mixture; stir until sticky and well combined. If it's too dry to hold together, add a bit more syrup.
4. Spread mixture in prepared pan. Cover with parchment/foil/plastic overhang; press firmly to form an even layer. Refrigerate at least 4 hours to help firm up.
5. Remove from pan and transfer to cutting board. Use long, sharp knife, cut into 10 bars or 20 squares. Wrap individually in plastic. Refrigerate up to 2 weeks.

RECIPE: TORSTAR NEWS SERVICE  
PHOTO: MELISSA RENWICK/TORSTAR NEWS SERVICE

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1	2	3	4	5		6	7	8		9	10	11	12	13
14						15				16				
17					18					19				
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48			49		50			51						
57	58	59				60			61					
62					63				64	65	66	67		
68					69		70							
71					72			73						

1. Jumbo's partner in balderdash  
6. Gallery director's deg., perhaps  
9. Teri of "The West Wing", and surnamesakes  
14. Shake like \_\_\_ (Tremble)  
15. Mr. Dykstra  
16. Jeweller's eye piece  
17. In-depth analysis: 2 wds.  
19. Tim of "Home Improvement"  
20. Detail regarding the weave of bed sheets: 2 wds.  
22. Turkish title, variably  
26. Medit. land  
27. Andy Capp cartoonist Mr. Smythe  
28. Decorates the cake in a way  
30. "Where the Boys \_\_\_": 1961 Connie Francis hit  
32. Long-haired mountain animals  
36. Gravy globs  
37. Handle  
39. Mythical bird  
40. Music honour, e.g.  
41. Swiftly, in music  
43. The Who's "Love, Reign \_\_\_ Me"  
44. Car advertisement fig.  
45. Curls  
46. Region's animal life  
48. Looked  
50. Alphabet's 25th letter, spelled-out  
51. Meower at-

tractor  
52. Meadowlands  
53. Mother  
54. "Fortunate Son" gr.  
55. Cliff's scary part  
57. Street Village National Historic Site of Canada (Mennonite settlement in southern Manitoba  
founded in 1876)  
62. Ironworker's block  
63. Ferocious female felines  
68. Tragically Hip song that goes "Lava flowing in Superfarmer's direction..."  
69. Salutes from Rocky  
70. Sly shrewdness  
71. 2015/09/23's one-of-two  
72. Compass dir.  
73. \_\_\_ nerve (Eyeball attachment)  
74. \_\_\_ (jacks flipper)  
3. 'My' in Quebec, plurally  
4. \_\_\_ Systems (U.K. defence contractor)  
5. "The Pride \_\_\_ Louis" (1952)  
6. Smudges  
7. Harper-Mulcair-Trudeau... Voting for it takes place October

19th, 2015: 2 wds.  
8. 1944: Dragonwyck author, \_\_\_ Seton  
9. Locale  
10. The study of birds' eggs  
11. Humdinger  
12. Welcoming  
13. Faxed  
18. 1982 Roxy Music tune: "More Than \_\_\_"  
21. Gloom, in verse  
22. On fire: wds.  
23. In an irritable mood  
24. Tribute  
25. Egyptian cobra  
29. Russian ruler  
31. Fiendishly fixes  
33. Daft Punk's " \_\_\_ the World"  
34. Walter \_\_\_ (Chekhov on "Star Trek")  
35. Abrade  
37. Friendly nation  
38. Chesterfield  
42. Bring down  
47. Banqueted  
49. Credits opposites  
51. \_\_\_-Raspberry (Ocean Spray flavour)  
53. Language in Prince Charles' realm  
55. Made a pick  
57. Siestas  
58. Organic compound  
59. Iris' place  
60. Elinor \_\_\_ (British romance novelist)  
61. Toy blocks brand  
64. "How's it going?", fun-style  
65. Don't stand  
66. Yalie  
67. Li'l bit of "60 Minutes"

## \* IT'S ALL IN THE STARS by Sally Brompton

### Aries March 21 - April 20

It may at times seem as if everything you do is dictated by other people. But even if that is true it does not mean that things won't work in your favour. Go with the flow.

### Taurus April 21 - May 21

Certain habits and routines are past their sell-by date and must be replaced. The Sun's change of signs will make it easy for you to get rid of the old and bring in the new.

### Gemini May 22 - June 21

You will be eager to change things for the better and that's good. The planets indicate that whatever you start now will result in major gains for you over the coming six months. Lady Luck is on your side.

### Cancer June 22 - July 23

You need to make sure that the real foundation of your existence — your home and your family life — is built on solid ground. There are some major challenges coming and you won't want to face them alone.

### Leo July 24 - Aug. 23

Loved ones will know what you are thinking without being told. You will come up with some wonderful ideas about how to improve your life between now and the end of the week.

### Virgo Aug. 24 - Sept. 23

This is an important time for money and business. Decisions you take over now will set the scene for months to come. Once financially secure your options will increase.

### Libra Sept. 24 - Oct. 23

The Sun's move into your sign today makes all things possible. It will give new life to a project or quest and if you reach for your highest ideal you will make the kind of difference that changes the world for the better.

### Scorpio Oct. 24 - Nov. 22

You may be a bit more cautious than usual but that's okay. A lot depends on how much faith you have in your own abilities; believe there is a higher power guiding your actions.

### Sagittarius Nov. 23 - Dec. 21

You need to get along with other people now, because you will only achieve what you hope to achieve if you join forces with those who share your aims and ambitions.

### Capricorn Dec. 22 - Jan. 20

If you want to get on in the world, to make your mark in some way, now is the time to get serious about it. Your professional reputation is sure to rise but you must be prepared to step into the spotlight.

### Aquarius Jan. 21 - Feb. 19

You are under no obligation to explain your actions to anyone, no matter what their position may be. No one commands an Aquarius.

### Pisces Feb. 20 - March 20

Help will arrive when you need it over the next few days, but it might arrive quicker if you were not so determined to suffer in silence. Also, where finances are concerned a long-term plan is a must.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9		6	3		7			
5	7							3
1				8				
2					7			
7			1			8		
	4						6	
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8		6	1		5			

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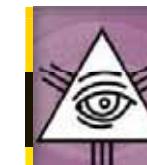
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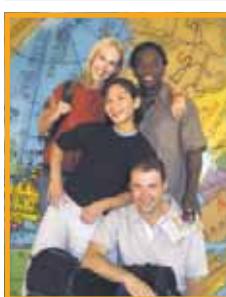
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SALES MANAGER  
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SALES MANAGER  
15 YEARS



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10 YEARS



AHMED MANSOUR  
8 YEARS



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12 YEARS



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11 YEARS



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